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ReelMetro

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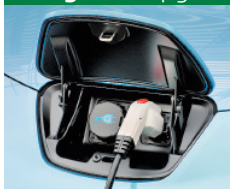
Going Green pg 10



Electric cars get a jolt

World Cup pg 14

Kiwis hold Italy to draw

On the web
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CFL

Stamps win

JEFF MCINTOSH/THE CANADIAN PRESS

Saskatchewan Roughrider Barrin Simpson, right, tries to stop Calgary Stampeder Jon Cornish during first-half pre-season CFL football action in Calgary yesterday. The Stampeders won 41-17. More coverage, page 4 & 12.

Explosion rocks homes

Fatal Edmonton blast 'a big boom out of nowhere': Calgarian

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Calgarian Christine Bergeron was enjoying a family reunion in northeast Edmonton yesterday when a blast rocked the neighbourhood, killing three and injuring several, including a child.

Fire officials are still looking for a missing person in the blast that shook several neighbouring homes and forced 15 others to be evacuated.

Bergeron, 26, was enjoying a barbecue with family when the blast caused everyone to scramble for cover just after 1 p.m.

"We were freaked out. It was such a huge explosion we thought a gas station blew up."
Christine Bergeron, witness

"All we heard was a big boom out of nowhere and the explosion made the doors shake and rattle. We were like, 'Whoa, what was that?' And the neighbours and us started asking each other what happened," Bergeron said.

"We were freaked out. It was such a huge explosion we thought a gas station blew up. But now we're sad to hear a kid was injured and people died. It was pretty scary."

Fire crews are investigating whether the explosion may have been caused by a gas leak.

One home was levelled and homes on either side were badly damaged. Windows in homes across the street were also shattered from the force of the blast, according to a witness.

With chunks of debris that had rained down all over the neighbourhood, and a crush of emergency response vehicles, residents said their street felt like a war zone.

"My ears popped like it was a huge sound that happened. And the pictures fell off our wall and everything," said Alexis Bharrat, who shot some home video of the flattened home as it burned.

Robert D'Aoust, the area fire chief, said there's an indication that over a dozen homes have received various levels of damage and crews continued to investigate into the evening.

He also indicated emergency crews were conducting a thorough search of all structures, searching for other potential victims.

WITH FILES FROM THE CANADIAN PRESS

Jazz Fest cancelled

KRISTA SYLVESTER
krista.sylvester@metronews.ca

EVENT Instead of listening to the blues this week, Calgarians will be singing the blues as organizers have cancelled this week's Calgary 2010 Jazz Festival due to financial constraints.

The festival was set to launch today, but interim C-Jazz president Richard Sherry told Metro they had to make the "painful" decision to cancel after a six-hour board meeting on Saturday. It was revealed the show cannot go on following an in-depth examination of the organization's finances.

"For several months, the board had been asking the C-Jazz executive director for a detailed rundown of expenses and cash flow required for the 2010 festival," Sherry said.

"Now that we finally got a look, we were surprised that our wishes to scale down the festival following the difficult 2009 festival were, for the most part, disregarded."

Sherry said the board believed less pain would be inflicted on the artists, volunteers and music fans if the event was cancelled before the opening, but longtime attendee Kevin Mathers is disappointed.

"It doesn't make sense that they would cancel it this close to the event. It's really too bad because I was really looking forward to it," he said.

Arrangements are being made to refund ticket buyers.

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Local

Toddler still missing after arrests

Two adults have been arrested in the alleged abduction of two-year-old Venus Dejong from her home in Redcliffe. The girl, who police believe was dropped off at an unknown third-party residence, has not yet been found. She is three feet tall, 36 pounds, brown eyes with blond hair down to her waist. She was wearing pink flannel pajamas with flowers and a large chocolate milk stain on the front and had turquoise nail polish. Anyone with information is asked to call 403-548-2222.

METRO CALGARY

Paramedics dole out sunscreen

REMINDER Calgary EMS were out at Eau Claire market this weekend, reminding Calgarians that when it's sunny and warm, it's time to cover up the skin.

Paramedics were handing out sunscreen yesterday to passersby in the market, and say it's easy to forget it doesn't take long to feel the sun's effect.

METRO CALGARY

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CalgaryTweets

@BrendanRyder Well that was a nice wkend! Couple rounds of golf, got an eagle, couple 300yd drives, spent time with fam and now on the way home to #yyc

@abryksa Just got the little ones back from Calaway Park outside of #yyc — got free admission with Fathers Day — thought that was a nice touch!

@brettgilmour Thnk you sunny Sunday. For a hot day, football victory, and a kids play date in the park, street meat supper sunset. #yyc #fathersday #happy

Ald. seeks skate park strategy

City has 1 stationary park for about 30,000 boarders: Enthusiast

JESSICA PICHE
for Metro Calgary

Just in time for International Go Skateboarding Day, city council will discuss the possibility of building more skateboard parks today.

Ald. Joe Connelly has put forward a notice of motion for administration to talk to Calgarians about a comprehensive skateboard park strategy.

With only one stationary skateboard park in a city of one million people, Calgary logically needs more boarding options, said engineer and longtime skateboarder Eric Allen. "They need to be spread throughout the city."

According to The Calgary Association of Skateboard Enthusiasts, there are an estimated 30,000 boarders in Calgary, many of whom have limited access to the centrally located Millennium Park.

"It would be nice to have a park closer to home," said BMXer Andy Jackson. Community skateboard parks would mean more people could try the sports, he said.

"I think what's really needed is an indoor skate park. It can be done year-round."
Eric Allen, boarder

Skateboarding is a popular summer activity, but many don't want to put their boards away once the temperature drops. Skateboarders are often limited to smaller spaces in garages and basements in winter.

"I think what's really needed is an indoor skate park," said Allen. "It can be done year-round."

Skateboarder John, last name withheld, said he does not believe the city will support building new parks. "People wrongly think a lot of crime happens here," he said.

"But we just want to board."

JESSICA PICHE/FOR METRO CALGARY

Eric Allen takes in the sunshine yesterday as he skateboards at Millennium Park. Ald. Joe Connelly will ask fellow aldermen to look at a comprehensive skate park strategy.

Expect skeeters mid-July, says expert

PEST CONTROL Despite the rain, the Off may stay on Calgary shelves for a bit longer, according to the city pest control officials.

Simon Wilkins, pest control management co-ordinator, said while the city has seen a lot of rain lately, the rain has been soaking into the ground taking away from "standing water" habitats for the pesky insects.

"There has been a lot of rain but it's also been cold and the ground is dry so a lot of the water is soaking into the ground," Wilkins said.

When the weather warms up near mid-July Wilkins said Calgarians should expect a "normal" amount of mosquitoes, but more than we had last year.

"Last year was good conditions for not having mosquitoes but this year the conditions will be ripe for having more of them."

Wilkins said the city attempts to control about 95 per cent of the bloodsuckers before they get too bad and encourages people to avoid standing water habitats where the skeeters flourish.

KRISTA SYLVESTER/METRO CALGARY

Dads' special day good for time outdoors

BONDING Sunshine and summer temperatures made heading outside the perfect Father's Day. Many events were held around Calgary to honour dads and their families.

More than 900 people took part in the Safeway Father's Day Walk/Run for Prostate Cancer. Calgarians raised more than $200,000 said an official.

In conjunction with The City of Calgary Parks 100th anniversary celebrations, families enjoyed a free concert in Baker Park yesterday afternoon.

But for many dads, the day meant spending quality time with their families doing the best thing — nothing. Brian Sehiber and son Keith, 3, fed the ducks at Prince's Island Park. "We're just hanging out," said Sehiber with a big smile.

JESSICA PICHE/FOR METRO CALGARY

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What's online today.

Immigration Guidy Mamann on a small change to a federal bill that may be big trouble for Canada's humanitarian reputation

Lotteries

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Saturday, June 19
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Man charged in 2007 murder
A three-year investigation into the death of 18-year-old Adam Cavanagh in 2007 has resulted in an arrest. Calgary police took a man into custody and charged him with the Feb. 3, 2007 homicide. METRO CALGARY

Reconnecting 16 Avenue

RECONNECTED The 16 Avenue corridor, between 14 Street NW and 6 Street NE celebrated a "reconnection" as local residents and businesses were invited to enjoy the new development during an event Saturday.

"Ultimately, the improvements along 16 Avenue are designed to provide a variety of transportation modes while ensuring the area is also a desirable neighbourhood and shopping destination," said Mayor Dave Bronconnier.

METRO CALGARY

News in brief

DEATH A 22-year-old was presumed drowned in the Elbow River Saturday, according to police. Cochrane RCMP received a call that Calgary Water Rescue was responding to a man in distress in the river. Several agencies began their search and at around 2 p.m. Saturday a body matching that of the man was located five kilometers downstream. Police said the man did not have flotation devices. METRO CALGARY

Stamps' return marks start of tailgate season

JESSICA PICHE
for Metro Calgary

Stampeders fans filled the McMahon Stadium parking lot yesterday morning in anticipation of the preseason home opener against rival Saskatchewan Roughriders.

Hundreds of football fans decked out in red and white enjoyed the sun while roasting hotdogs on portable barbecues. An occasional green-painted face was greeted with friendly name-calling and taunts.

"I'm a veteran at this," said 67-year-old Mickey Campbell. "We've been coming since the stadium opened in the 1960 and have had season's tickets since 1964."

More than 20 friends and relatives joined Campbell for a traditional tailgate gathering.

The pre-game party is a great way to bring the family together, she said. "We always look forward to this."

Although most tailgate party goers tend to stay with their group, mingling does happen, said Campbell. "You're meeting people constantly," said a friend, offering chicken wings to those passing by.

For Steven Cadman, 7, tailgating was the perfect way to spend father's day. "I wouldn't trade (today) for anything in the world," said father Ryan Cadman.

After a long week of work, Stamps games are the best way to unwind, he said. Wife Jodie Campbell agrees, after all "there's nothing like a cold juice before the game, right Steven?"

JESSICA PICHE/FOR METRO CALGARY

Ryan Cadman and his son Steven, 7, spend Father's Day tailgating at McMahon Stadium and cheering on the Stamps.

Solar racer to start from pole position

TECH Canada's only hope for a top-place finish in the 2010 American Solar Challenge — hailing from Calgary — got off to a speedy start yesterday in Oklahoma.

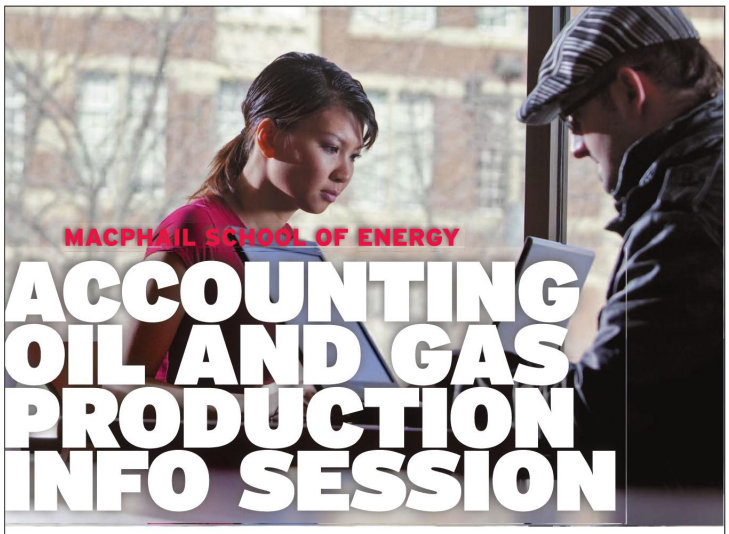
The University of Calgary solar car, Schulich Axiom, is the only Canadian team in the international competition and the first vehicle to pass all safety inspections for the 1,700-kilometre race from Tulsa to Chicago, Illinois, giving them pole position for the start of the race.

"We're off to a spectacular start. I'm incredibly proud of our team," co-chair of the solar team Brandon Heenan said.

The U of C is competing against 14 American teams, two teams from Germany and one from Taiwan.

"We're the only team representing Canada in this race, and that gives us even more reason to be proud and we're more determined than ever to see the Schulich Axiom come out on top."

METRO CALGARY



Parents and prospective students are invited to a free information session for SAIT Polytechnic's Accounting Oil and Gas Production (CAPPA Certificate) program.

Learn about this 34 week daytime program that includes a 3 month practicum. Graduates of this program are issued a certificate by the Canadian Association of Petroleum Production Accounting (CAPPA).

Join us on June 23, 2010 at 5:00 pm in the Orpheus Theatre, SAIT Campus Centre where we will discuss everything from prerequisites to financial aid.

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Judge greenlights Canwest buy
An Ontario Superior Court judge gave the go-ahead Friday for a group of creditors led by Paul Godfrey, the CEO of the National Post, to buy parent company Canwest's entire newspaper division. THE CANADIAN PRESS

Canada

Reward offered for tiger, camels

A reward of $20,000 is being offered for information leading to the return of a tiger and two camels, pictured, taken from a parking lot in Quebec. "Our only concern, at this time, is for the safe return of the animals," said Michael Hackenberger, director of the Bowmanville Zoo, located about 75 kilometres east of Toronto. A Ford truck, hauling a trailer containing Jonas the tiger and camels Sean and Todd, disappeared on Friday morning. THE CANADIAN PRESS

Tax workers caught spying

Dozens of workers at Canada's tax agency have been caught snooping on their ex-spouses, mothers-in-law, creditors and others by reading confidential tax files.

Internal reports at the Canada Revenue Agency show that rogue employees are improperly reviewing the private financial affairs of taxpayers without their knowledge.

And some are using agency computers to give favoured treatment to colleagues, friends, family — and themselves.

Documents outlining the forbidden invasions into private tax data were obtained by The Canadian Press under the Access to Information Act.

In one case, a worker secretly operated a business on the side with her spouse, and between 2004 and 2009 "accessed the accounts of two creditors and the spouse of one of those creditors."

Another worker was found to have inspected his spouse's tax information 69 times without permission.

A woman in one unidentified office poked into the agency's data looking for confidential information on colleagues, friends and family — apparently to give them a break on their taxes. "The employee made unauthorized access to the tax information of three colleagues and to the tax information of a colleague's daughter, spouse and mother," says one report. THE CANADIAN PRESS

Access

- In one egregious breach last October, a woman accessed 37,500 emails and 776 documents containing confidential financial information about ordinary Canadians. She downloaded the files onto 17 compact discs for her personal use, inexplicably helped by agency technicians.

Action follows privacy breach

PUNISHMENT In deciding on discipline, "management took into consideration the employee's years of service, her good employment record and her co-operation with the investigation."

A spokesman for the agency said the number of breaches is relatively small, given that there are more than 40,000 employees. "While the number of unauthorized access incidents is not large, the agency consistently continues to review its activities to enhance ... prevention." THE CANADIAN PRESS

News in brief

SUMMIT POLL A fake lake, faux Muskoka backdrops and a $1-billion price tag are troubling but not enough to turn off a majority of Canadians to the benefits of summitry, a new poll suggests. THE CANADIAN PRESS

Report chides wealthy nations on assistance

G8 The world's richest countries have come up short on their commitments to assist the developing world, says a new report that counts Canada among the more reliable G8 members.

The report released yesterday says the OECD and Group of Eight countries are $10 billion behind the five-year, $50-billion increase they promised at their 2005 summit in Scotland.

The document prepared by the Foreign Affairs Department prior to this week's Ontario summits says some G8 members — like Canada — are meeting or surpassing their goals, but it says others are not.

There has been significant progress in some areas, it finds but it says there are still problems in key areas like disease prevention, water and sanitation, and maternal and child mortality.

"Universal access targets with respect to HIV/AIDS will not be met by 2010 and many developing countries, in particular those in Africa, remain off-track to achieve the health-related (goals)," it says.

Prime Minister Stephen Harper has made maternal and child health a signature element of this year's G8 Summit where leaders are gathering in Huntsville, Ont. THE CANADIAN PRESS

PAWEL DWULIT/THE CANADIAN PRESS

Minister of International Cooperation Bev Oda, left, answers questions from the media as Minister of Foreign Affairs Lawrence Cannon, right, listens following the release of the G8 Accountability Report in Ottawa yesterday.

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Chef Rory Golden learns surprising lessons about cooking for G8 leaders.
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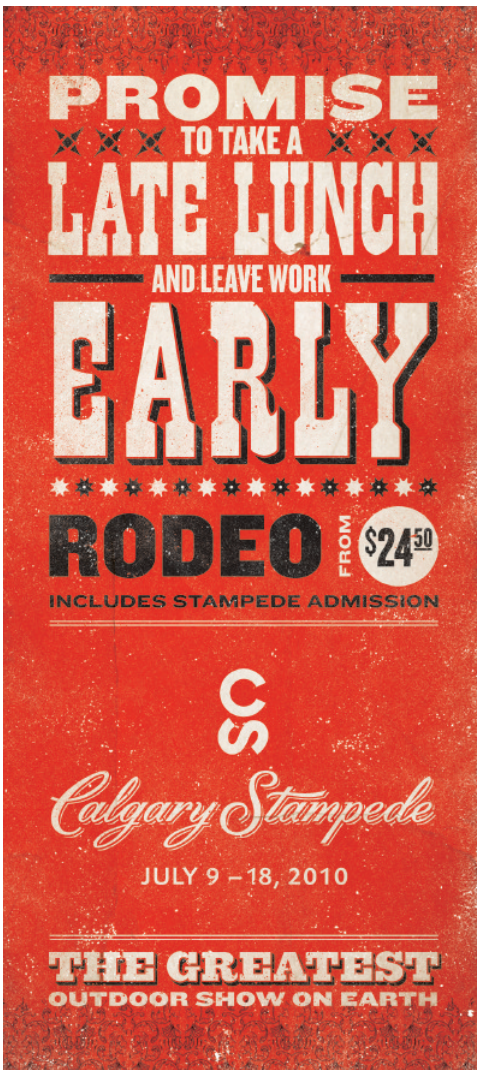

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Unclaimed $50-million jackpot up for grabs

For the third week in a row, no one has the winning ticket for the $50-million jackpot prize in Friday night's Lotto Max draw. That means the jackpot will be the same for the next draw June 25th. The odds of winning the last jackpot was one in 28 million. THE CANADIAN PRESS

Waterloo's famous for faces, places

BELGIUM A spectacular re-enactment of the Battle of Waterloo was staged on the same historic grounds in Belgium yesterday, although the actual conflict took place on June 18, 1815, also a Sunday.

The decisive battle happened in Europe, but it left a permanent mark on this country.

A number of communities in Canada can trace their names back to that day 195 years ago, when Napoleon was finally defeated.

In Ontario, a regional municipality, a city and a university all go by the name Waterloo.

The victorious Arthur Wellesley, Duke of Wellington, is remembered through the names of such Ontario communities as Arthur and Wellesley.

Several other Waterloo veterans are commemorated geographically in Canada; for instance, Waterloo veteran Charles Lennox, Duke of Richmond. There is a Richmond and a Richmond Hill in Ontario as well as a Richmond in Prince Edward Island and Quebec. A couple places are known as Lennoxville.

METRO NEWS SERVICES

JEFF MCINTOSH/THE CANADIAN PRESS

James Gaetz, an employee of a dog grooming business, carries a pet to a waiting owner during flooding on Saturday in Medicine Hat.

The wet, wet West

People in soggy low-lying areas of Medicine Hat started pumping out basements and taking stock of flood damage yesterday, but officials warned a downpour overnight could leave them waterlogged all over again.

Police Chief Andy McGrogan said about 40 to 50 millimetres of rain would likely fall by morning, following the same pattern that caused the flooding in the first place and pushing already swollen creeks back up to the same high levels.

"We're anticipating more of the same type of problems," he said, adding the voluntary evacuations of 600 homes would remain until after the deluge.

Les Hamerston sat bone-tired on his front steps yesterday afternoon dreading what was yet to come. He had been pumping water from his basement since being woken up by police at 4 a.m. Saturday but said the moisture was still seeping in. His basement was "a sopping mess (with) a little bit of mud floating around on top," and he hadn't even been able to get in to see if anything could be salvaged. He said he and his wife weren't well enough to keep up the fight.

"There's nothing we can do. We just have to wait and see what's going on," he said. "There's no way they'll be able to contain it, so it's just going to go where it goes."

Up to 150 millimetres of rain has fallen in several regions on the Prairies, turning fields into lakes and ruining houses.

The Trans-Canada Highway east of Medicine Hat was closed across the Saskatchewan boundary for the weekend after being completely inundated, and looked unlikely to open in the short-term.

THE CANADIAN PRESS

What happens after Afghanistan?

TRANSITION Lt.-Gen. Andrew Leslie, the outgoing commander of the army, marvels at the changes he's seen.

"The army's changed more over the last four to five years than over the previous 30 to 40," said Leslie, one of the country's more recognizable military figures.

Leslie's long been considered a candidate for the top job of chief of defence staff.

He will hand over command of the army to Lt.-Gen. Peter Devlin at a ceremony in Ottawa.

His new job will be to help shepherd the entire Canadian Forces towards its post-Afghanistan future at a time when the Conservative government is wrestling with an expected $49-billion deficit.

Leslie is the new Chief of Transformation. But the question often asked around Ottawa these days is: The Canadian Forces is being transformed, but into what?

MURRAY BREWSTER/THE CANADIAN PRESS

Lt.-Gen. Andrew Leslie is stepping down as head of the Canadian army in Kandahar. He will take charge of preparing future assignments for the armed forces.

Four years of fighting a counter-insurgency in Afghanistan has given Canada a lean, lethal, little force. It is all dressed up, and post-Afghanistan, has seemingly nowhere to go.

THE CANADIAN PRESS

Short parade, long history for sovereignists

MONTREAL Independence rallies in Quebec are more restrained than in the heady days following the death of the Meech Lake accord.

One in Montreal yesterday was more organized and more conventional than the raucous affairs held in the province 20 years ago. And with far fewer participants.

Just some 400 turned out in for the noisy march — and a few thousand for a series of events across Quebec — to mark the dual anniversaries of the death of Meech and the 1995 referendum on sovereignty.

It's a far cry from 160,000 who poured into the streets for the 1990 fête nationale parade. And in June 1990, a thousand sovereignists — buoyed by the recent death of the Meech — led an impromptu rally through Montreal's east-end and right into the stands at the Olympic Stadium, crashing an Expos baseball game.

Two decades later, professional baseball is gone from the city, along with the fierce nationalistic fervour touched off by the failed constitutional talks.

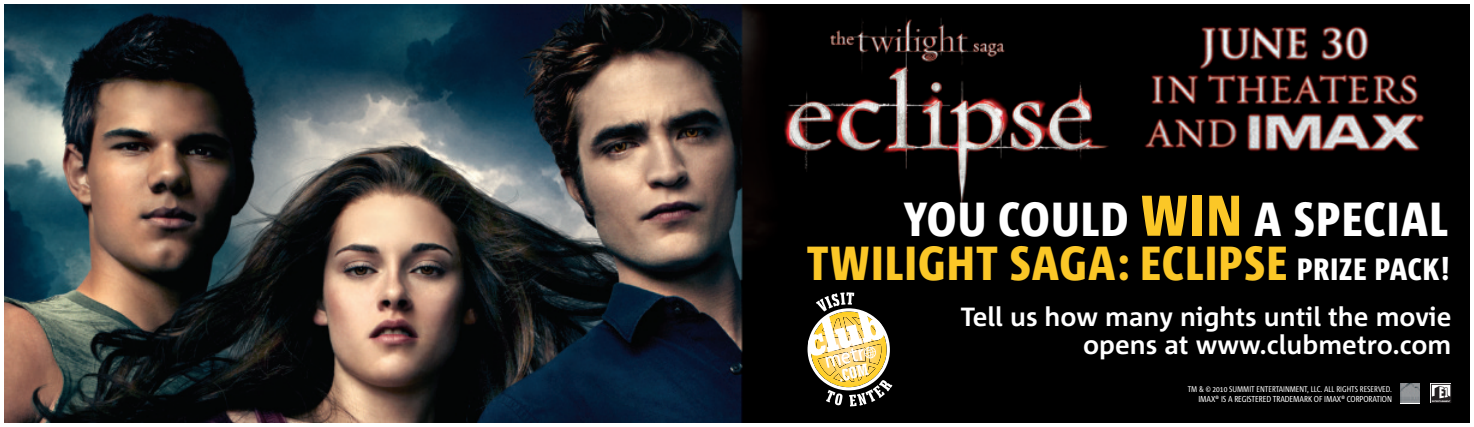
But a new generation of sovereignists are trying to rekindle the passion.

Bloc Québecois leader Gilles Duceppe claims a deep rift remains between Quebec and the rest of Canada.

THE CANADIAN PRESS

Quebec polls

- Recent surveys suggest the zeal for sovereignty in Quebec has gone astray.
- The latest, published last May, showed most Quebecers have come to terms with the constitutional status quo even if they aren't happy with federalism.



Dozens killed in China mine blast
State media say at least 46 miners were killed when an explosion ripped through a mine in the central Chinese province of Henan early today. The official Xinhua News Agency reported on the deaths and said at least 12 miners are still missing. THE ASSOCIATED PRESS

World

Colombians elect new leader

A former defence minister from a powerful political clan who oversaw a major weakening of leftist rebels won Colombia's presidency yesterday, routing an eccentric outsider in a runoff. The victory for Juan Manuel Santos, left, a 58-year-old economist and three-time government minister, was a ringing endorsement of outgoing conservative President Alvaro Uribe, whose U.S.-backed security policies he helped craft and promised to continue. THE ASSOCIATED PRESS

Canadian helps crack alleged Ponzi scheme

Vedant Rajput is widely credited with helping to untangle India's largest-known Ponzi scheme.

Over the past decade, 53-year-old Sayed Mohamed Masood tricked more than 200,000 victims out of $250 million US, police allege.

In India, the wheels of justice are not known for rhythmic efficiency. Police routinely refuse to register criminal complaints and even when a case is opened, it's anyone's guess how long it could take to wind its way through the courts.

Predictably, when City Limouzine's cheques began bouncing last August, many were resigned that their savings were gone.

Mississauga, Ont.,'s Rajput, on the other hand, became a one-man army.

He organized rallies in Mumbai that attracted as many as 15,000 investors — becoming a celebrity thanks to local TV and newspaper coverage — and created and distributed complaint forms for investors to submit to police. He unwound City Limouzines' corporate structure, explaining its cash flow to police.

RICK WESTHEAD/TORSTAR

Canadian Vedant Rajput has helped police in Mumbai untangle one of India's largest alleged Ponzi schemes. An estimated 250,000 people invested in a purported car rental company that is alleged to have stolen $250 million US from victims.

Rajput has tracked down real estate that could be used to help repay claims to investors, and has hunted down three of the company's senior directors, including Masood himself.

"Vedant is a saviour," said Ravi Puri, a 72-year-old retiree in New Delhi who invested in City Limouzines. "He's been doing the work of the police and various government agencies, and he's been doing it all on his own."

One challenge for police has been tracking down investors' money and so far, they have located 34 properties owned by Masood or his immediate family. Of those, 10 were found thanks to Rajput's sleuthing.

TORSTAR NEWS SERVICES

A simple scam

- Masood's company, City Limouzines, purported to buy cars and run them as taxis. Investors who turned over $3,200 were given 60 postdated cheques of $175 a month, which totalled about $10,400 over five years. Police believe Masood actually bought fewer than 100 cars.

News in brief

GULF OF MEXICO Newly released internal documents show BP PLC estimated 15.9 million litres of oil a day could gush from a damaged well in the Gulf of Mexico if all equipment restricting the flow was removed and the company's models were wrong.

MONTANA A tornado that touched down in Billings, Montana., caused heavy damage to parts of an expo centre yesterday evening, a Montana highway patrol dispatcher said. The Expo Center at Metra Park suffered damage when the tornado hit in a neighbourhood called The Heights, he said.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Chinese firemen evacuate a man trapped in the floods in Xiushui, in central China's Jiangxi province yesterday.

Scores killed in China floods

DISASTER Major rivers burst their banks in southern China, triggering massive floods that have killed 132 people and forced 860,000 to flee their homes, the government said yesterday. With dozens missing and more storms forecast, the death toll was expected to rise.

More than 10 million people have been affected since torrential rains began June 13, including those who have been injured, stranded or have suffered property losses, the Ministry of Water Resources said in a news release. More thunderstorms were forecast from yesterday afternoon into today.

THE ASSOCIATED PRESS

Egypt police clash with protesters

CAIRO Egyptian security forces beat and arrested dozens of protesters yesterday when they attempted to march through downtown Cairo in the latest demonstration against police brutality following the death of a young man, witnesses and police said.

For the past 10 days, protesters have taken to the streets in demonstrations over the death of Khaled Said, a 28-year-old Alexandria businessman who was found dead after an encounter with plainclothes security men. According to witnesses, at its peak yesterday's protest involved a couple of hundred people.

A security official confirmed at least 40 people were detained during the march in downtown Cairo.

THE ASSOCIATED PRESS

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U.S. man gives embassy in Rwanda poor review

A U.S. lawyer released from a Rwanda prison said the U.S. Embassy did not help him secure food or medicine while in prison. THE ASSOCIATED PRESS

Suspect's mother says her son is sick

Joran van der Sloot, the chief suspect in the murder of one woman and the disappearance of another, suffers mental problems, his mother was quoted yesterday as saying.

Van der Sloot, a 22-year-old Dutchman, is suspected in the disappearance of American teenager Natalee Holloway in Aruba in 2005. He sits now in a prison compound on the dusty outskirts of Peru's capital, Lima, held on suspicion of killing 21-year-old Stephany Flores on May 30 — five years to the day after Holloway vanished while on vacation.

"My son is sick in his head," the Dutch newspaper De Telegraaf quoted Anita van der Sloot as saying in an interview published on its website yesterday. The comments were her first since her son's most recent arrest.

Police in Peru say Van der Sloot has confessed to killing Flores. He is scheduled to be interviewed by a judge in Lima next week.

He has confessed to involvement in Holloway's disappearance, then retracted his confession, several times. Holloway was last seen in his company.

Van der Sloot has told his jailers in Peru he is ready to clarify the Holloway case — but only with Aruban authorities.

For now, he spends his days in a nearly empty block of a high-security prison, where he shares a TV set and homemade barbells with a reputed Colombian hit man.

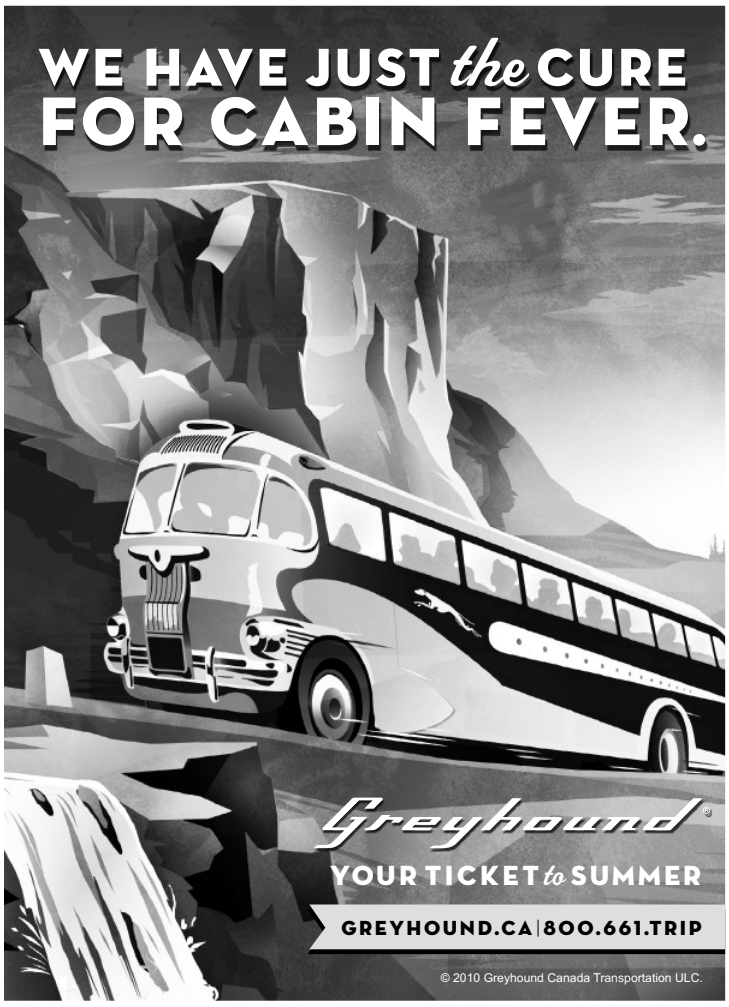
The Van der Sloot family lives in Aruba, where the interview with Anita van der Sloot was conducted. She told the newspaper her son disappeared in mid-May, two days before he was scheduled to travel to the Netherlands for treatment in a mental institution. He left a note saying he was going to Peru, she said. THE ASSOCIATED PRESS

DOMINGO A. DIAZ/THE ASSOCIATED PRESS

Joran van der Sloot holds his inmate number before being sent to the Miguel Castro Castro prison in Lima on June 11.

Mental decline

- Anita van der Sloot said her son Joran's mental health has deteriorated steadily since American teenager Natalee Holloway's 2005 disappearance, for which Joran is a suspect. She attributed his decline in part to media scrutiny.



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Comment

Pedal away those cycling barriers

I wrote about cycling for the commuter challenge and mentioned my wariness about cycling on city streets. A reader responded, challenged my fears and suggested I write a follow-up piece geared towards newbie cyclists: Here it is.

It's almost July, meaning we're probably snow-free for a few months and weather is no longer a barrier. Some year-round cyclists would argue that with the right gear, cycling can be an all-season sport.

Many think you need to be in shape to cycle. I'm no athlete and was able to ride the 40-kilometre round-trip trek to my office. Mind you, white-haired cyclists were whizzing past me, but if you don't let your ego get in the way, your level of fitness shouldn't either.

The city makes it easy to cut your ride short with Park 'N' Bike sites. And Calgary Transit is merging with cycling, equipping some buses with bike racks, allowing bikes on the LRT during off-peak hours and offering secure bike parking and lockers at most C-Train stations.

If you would rather go the distance with some electrical assistance, an e-bike is a fun way to get from point A to B without breaking a sweat.

Calgary certainly isn't the cyclist's playground that Vancouver is, but we do have a fantastic pathway system and our on-street system is certainly cycle-able. The city produces a bicycle pathways and routes map available online and at various city facilities.

The map helped me plan a direct route from my house in Southwood to my office in West Hillhurst without having to battle much traffic at all. It also gives pointers on safety and rules of the road.

Talking about safety, the city publishes a cycling safety handbook. CAN-BIKE offers cycling safety and skill-building courses (popular in many major cities), but doesn't have any planned here yet this year.

Bicycle maintenance courses are available here though. The University of Calgary's Outdoor Centre offers workshops as does the Goodlife Community Bike Shop.

The last pointer I'll offer newbie cyclists is to get the right gear. Panniers are a must-have for commuting to work, as is a basic repair kit, a comfortable seat, a bell, a rearview mirror, water and a change of clothes.

Think of biking to work as an opportunity to fit your workout into your day, blow off some stress, save some emissions and money. Don't think of the barriers — break them down instead.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.

Worth mentioning

World Cup kindles quirky allegiances

In India, World Cup fever has fuelled a rivalry between rickshaw drivers.

Revenge-minded Serbians are backing the Americans — in hopes of a chance to beat them in Round 2. In Haiti, pro-Brazil passion helps chase away the post-earthquake blues.

No other sporting event stirs up such a surge of emotion around the globe as the World Cup. It's not a simple matter of supporting one's home-country team — all sorts of subplots arise, and some of the most zealous fans can be found in countries with no team of their own in the field.

India, for example, has never played a World Cup match. Yet international soccer has a huge following in the planet's second-most populous country, and by some measures — including prominence on cable TV — the tournament overshadowed this weekend's Asia Cup cricket match with rival Pakistan.

In India's southern state of Kerala, fans have been staying up late to watch World Cup telecasts, and two motorized rickshaw drivers have painted their vehicles in the colours of their favourite teams, Brazil and Argentina, to attract like-minded customers.

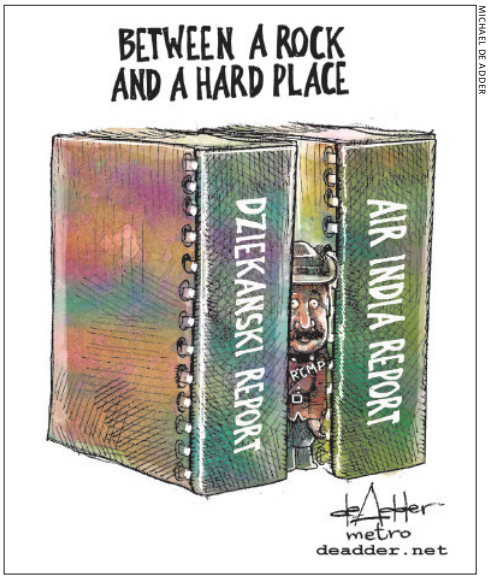
"I think Brazil has more supporters than Argentina, at least in Kerala," said a gleeful Mohammed Ali, whose rickshaw is now yellow with green highlights. He's threatened to set his vehicle on fire if the Brazilians fail to win their sixth title.

Brazil and Argentina also are the teams of choice in neighbouring, impoverished Bangladesh, with flags of the two South American nations flying from rooftops and treetops. When a power outage interrupted a telecast of the Argentina-Nigeria match in the capital city of Dhaka, angry fans by the hundreds smashed vehicles.

One of Dhaka's top universities closed indefinitely yesterday after students clashed over whether to cancel classes to watch the World Cup. Fervent fans demanded an early summer vacation so they could watch more matches. At least five injuries were reported when they clashed with other students who wanted classes to continue.

In Haiti, Argentina is an afterthought. Brazilians who visit the earthquake-wracked country say Haitians may be more passionate about the Selecao than the South Americans themselves.

THE ASSOCIATED PRESS



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Going Green

Earth Rangers win

Calgary-based Earth Rangers (earthrangers.com) built a data centre to demonstrate that adopting green products and services doesn't mean sacrificing IT performance. The non-profit organization won The Quest for Canada's Greenest IT competition on Wednesday. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Electric cars getting a jump start

Manufacturers addressing consumer's two biggest concerns — sticker price, battery range

BEN KNIGHT
for Metro Canada

The electric car is not dead after all. Several big auto manufacturers are racing ahead with low- or zero-emission technology, and a new generation of electric vehicles should be widely available in Canada as early as 2012.

This much-desired concept is being improved by the day, and concerns once seen as all-but-insurmountable are melting away.

BATTERY RANGE
What's the concern?

Many drivers want to drive cleaner vehicles, but are worried electric cars simply cannot travel far enough to meet their needs.

Battery life and sticker price have been two of the major stumbling blocks for electric cars.

What's changing?

The Nissan Leaf — an all-electric, zero-emission vehicle set for release in late 2011 — will have a single-charge range of 160 km.

"We feel that the best way to control CO_2 emissions is by producing none at all," says Mark McDade, director of marketing at Nissan, Canada Inc. "The average commuting driver in Canada has an average round trip of 30-40 km. With a range of 160, those drivers' needs are completely satisfied."

Toyota, manufacturer of the successful Prius hybrid vehicle, is focusing on several options, all of which are good on range.

"Right now, we've announced a global demonstration program for our plug-in Toyota Prius hybrid," says Rodney Jones, Manager of Advanced Technology and Powertrain at Toyota Canada. "That vehicle will be available for consumers in 2012, as well as the battery electric vehicle that we are working on."

STICKER PRICE
What's the concern?

Because this is new and innovative technology, potential buyers think electric cars will be prohibitively expensive.

What's changing?

"Quite honestly, the sticker price is not the issue," says Nissan's McDade "It's the operating cost. You're not using fuel. The maintenance on this vehicle is diminished greatly, because there's not many fluids to deal with. The battery is a self-contained unit, so there's not a lot of open-heart surgery going on here."

The Leaf's Canadian price has not yet been determined, but the car sells for $32,700 in the United States. McDade notes that both Ontario and Quebec have already announced up to $10,000 in incentives for drivers who want to purchase electric cars.

"The more that people buy them, the more the price goes down," Jones adds. "We've sold more than 2.5 million hybrid vehicles worldwide. A lot of that technology will go into our plug-in and battery-electric hybrid vehicles. Our focus right now is to be able to sell it at a price where people will adopt them on a mass scale."

Did you know?

- A United Nations report, released in April, ranks Calgary as one of the world's top producers of carbon dioxide greenhouse gas. The U.N. says the average Calgarian puts 17.7 tonnes of CO_2 into the atmosphere, compared 9.5 tonnes in Toronto, and 4.9 for Vancouver. It was noted that the city continues to rely almost entirely on coal-fired plants to generate its electricity.

- In 2007, the City of Vancouver passed a bold series of CO_2 emission targets – an ambitious effort to slash local GHG production. The largest city in Western Canada is working to make all its civic operations carbon-neutral by 2012. All new buildings built in the city are expected to be carbon-neutral by 2020. Both Vancouver and Toronto are aiming for 80% cuts by 2050.

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Recipe pg10

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Swimsuits pg8

What to wear by the water

Be sun savvy

Smart summer beauties sport sun protection

Whether you're heading to the cottage, planning a bike trip or staying home and exploring your city, you'll likely be spending more time in the sun come summer.

This means planning ahead and arming yourself with proper protection from the sun's harmful ultraviolet rays. Here are a few tips:

Pack or stock up on sunscreen. An average adult needs about 2 tablespoons to cover the body. Since a 300 ml bottle has about 8-10 applications, every adult will need one bottle for a 10-day trip, says dermatologist Dr. Gordon Searles, of Edmonton.

Don't forget sunglasses and hats — preferably ones that cover the back of the neck. Check out other sun protective gear, too. "These hats, bathing suits and other summer clothes are quite fashionable and widely available," says Dr. Searles. If that's not feasible, pack tightly woven clothes.

Remember to pack moisturizer to keep your skin hydrated while out in the sun — even better if it has an SPF rating.

Even if you're snorkeling, you'll need water-proof protection. "The sun's rays can penetrate up to 6 feet of water," warns Dr. Searles.

Put sunscreen on 20-30 minutes before heading to the beach, boat, pool or trail. Apply it to your arms, legs, chest and face. Remember your feet, ears, hands and lips. "People often forget about their scalp," says Dr. Searles. "If you get wet, your hair separates and your part gets wider and that's an area that doesn't typically see a lot of sun, so you can get quite an unpleasant sunburn." Reapply the sunscreen every 1-2 hours.

PAULINE ANDERSON

Summer in Canada is sweet but oh-so-short, and we want to savour every sun filled moment – beautifully!

To help you do just that, we've partnered with Proctor and Gamble to bring you this special summer beauty guide, filled with tips, tricks and expert advice to help to make this your most beautiful summer ever!

Heat relief

Stash these summer must-haves in your tote to freshen up fast:

- A purse-sized atomizer of thermal spring water—for a quick blast of cool that won't disturb your makeup.
- Blotting papers to reduce shine by absorbing excess oil.
- Baby wipes for stealth de-griming if your sandal-clad toes have attracted some city dirt.

LIZA HERZ

Inner beauty pg 6

Start your day the right way

Live real and face the world beautifully every day

RELAX Living authentically — that is, not worrying about what others think of you — could make a difference to your beauty and glow, says Dr. Sarah Freke, a family physician who practises as a psychoanalyst in Toronto. "Worrying can make you tense, and that will affect your posture and your facial muscles." Relax, get some gentle exercise and be good to yourself, and it will show.

Slow starts to the day get Dr. Freke's approval. "It's tremendously useful to have quiet time first thing in the morning," she says. Gentle activities such as yoga, a quiet walk and slow stretching are good, but so is lying in bed and thinking through how your day will shape up. That lying and thinking, says Dr. Freke, is healthy "brain-working time." Giving yourself time to think can take the stressful edge off of a busy life — and relax a harried expression.

GILDA SWARTZ

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Keep skin protected
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Melt-proof makeup

Here's how to get your glow on!

How do they do it? Those women who look fresh and radiant while the rest of us resemble Popsicles melting in the summer heat? Read on to get the 'glow-how' on summer beauty with minimum products for maximum effect.

Expert beauty tips!

Daytime cool

Despite what you've seen on Jersey Shore, summer does not start at the tanning salon. Instead, use gradual self-tanner and build natural looking colour (not Snooki orange) over a period of days. And remember, faux tans offer no sun protection, so always apply sunscreen before heading outdoors.

Carmindy, the L.A.-based celebrity make-up artist featured on the TV series 'What Not to Wear' and author of the new beauty-tip bible, Crazy Busy Beautiful (Harper Studio, $15), modifies her 'basic day face' with a few simple humidity-busting tricks. For the oily-skinned, she recommends mattifying gel underneath a light layer of foundation dusted with powder. Powder instead of cream blush stays put in the heat and she likes to "keep eyes simple with waterproof eyeliner in indigo or jade green on the upper lash line" finishing with a coat of waterproof mascara.

Finally, swap your lipstick for a bold yet sheer orange or pink gloss that flatters bronzed and pale complexions alike.

Of course, if you feel naked without lipstick, try this spare, dramatic look favoured by Toronto-based makeup artist Grace Lee: a strong orange-red or fuchsia matte lip paired with nothing but mascara'd (waterproof, or course) eyes. "Just fill your entire lip with matching pencil, then apply lipstick, blot and it will last all day," says Lee.

Nighttime glow

A couple of key additions can turn a day look into night. "Waterproof dark liner in the inner rim of your eye takes literally seconds but makes a huge impact in creating definition and drama," says Lee.

Shimmer bronzer adds instant smudge-proof sparkle. Even the pale can get their shimmer on with rose-gold tones over the more traditional caramel to toffee shades. "Apply along the sides of your face and right underneath the cheekbones," says Carmindy.

Next, apply a lighter shade of shimmer powder to shoulders and décolletage, finish up with a slick of golden shimmer gloss (layered over lipstick or alone) and hit the patio, humidity be damned.

LIZA HERZ

ELMWOOD SPA

When summer heat gets to you, head to the spa for a skin-freshening facial.

Skincare Rx

5 steps to spectacular summer skin

Summer beauty is easy to achieve – all it takes is a few simple steps.

1 Cleanse
Increased exposure to sun, water and air conditioning all work toward dehydrating your skin, says aesthetician Giovanna Manchisi, senior manager of spa services at Toronto's Elmwood Spa. She suggests choosing a hydrating cleanser that removes all the skin impurities and leaves no residue.

2 Exfoliate
Manchisi suggests exfoliating twice a week after using cleanser because sun, sand and sunscreen contribute to dead skin cell build-up.

The caveat, says Dr Frances Jang, dermatologist and owner of Vancouver's Skinworks, is to make sure the exfoliant is matched to your skin. Light fair skin, for example, might be too delicate for a granular scrub, but oily skin with clogged pores is fine for it.

Mechanical exfoliants — grains and loofahs — should be used with care with certain skins, since abrasions can leave the skin open to hyper-pigmentation (dark spots) from sun.

3 Tone
Toners are often an overlooked part of the system. But, says Manchisi, they are actually a key component in calming skin and closing pores. The ones that contain witch hazel are good for the skin. Steer clear of any that contain alcohol, she says, because it can strip the skin of its natural oil.

4 Moisturize
Always finish with a moisturizer that is lighter than your rich winter cream. Without moisturizer, the skin produces sebum, which creates a greasy layer that can clog pores. And when summer heat dehydrates the skin, you lose the natural glow too.

5 Antioxidants
Exfoliant products that contain antioxidants, such as vitamins A, C, E, or AHA (alphahydroxy), lactic acid and retin-A, may help protect against sun damage and aging. As Dr. Jang explains, "UV damage creates free radicals on skin and they in turn create the sun damage. You can neutralize these free radicals with antioxidants such as vitamins E and C."

Vitamin A in the form of retin-A may help build up new collagen. Speak to a skin expert for more information — this product may irritate sensitive skin.

ALEX NEWMAN

Water works

HYDRATE When Patricia Chuey's son was five years old, he caught a frog — and then forgot about it. The poor thing shriveled up and died, but it provided an opportunity for the B.C.-based consulting dietician to have a chat with her boy about the need for hydration. The frog was an apt illustration of why our skin, like every part of our body, requires water.

You may prefer to think of grapes and raisins, but the fact remains, we all need water, especially in the coming hot months. How much?

The general rule, Chuey says, is one millilitre of water per calorie consumed… if you eat a typical 2,000 calories per day, that would add up to about two litres or eight glasses of water a day.

It doesn't have to be water — milk, fruit juice, even tea and coffee will do (as long as they aren't super strong). Watery fruits, veggies and soup also contribute.

During exercise, she recommends drinking about a quarter cup of water every 15 to 20 minutes.

By the time you feel thirsty it's too late, says Chuey. You are already in the early stages of dehydration.

KIM ZARZOUR

Swimmers hair

For swimmers' hair, go with a gentle shampoo and deep conditioner, skip the hair dryer, at least some of the time, and let your tresses dry naturally. **GIOVANNA MANCHISI – ELMWOOD SPA**

Fuss-free summer hair trends

Simple strategies that really work

Want a warm weather coif that looks great? Here are tips for simple styles, frizz-fighters and UV screens.

"The number one trend for summer is natural hair, letting hair dry naturally in sculpted styles," says Alain Larivée, stylist and co-owner of CAJH Maitres Coiffeurs in Montreal.

Start with a shampoo and conditioner for your hair type, says Larivée. Apply a curl-enhancing cream or anti-frizz serum immediately after the shower (skip the towel-turban step — it causes frizz). "Work the product through from the top to the ends, and work hair into shape while it's wet," he advises.

To keep hair back from the face, Larivée suggests braids and loose chignons as hot hot-weather styles. Try working the casual side braid, which hit big after Alexander Wang's Spring/Summer 2010 show; twist it into a little side bun if you want to get it off your neck. Get easy how-to tips and videos via Google.

If you're not in a braidy mood, a simple clean pony-tail is a classic keep-cool do, especially for naturally straight hair. Greg May, owner of Greg May Hair Architects in Toronto, likes the sophistication of a low ponytail fastened at the nape of the neck. Go for a high ponytail for a younger look; follow the line of your jaw for optimal placement.

For added frizz control, consider a glaze treatment, which will crank up shine and help keep the cuticle smoother through several shampoos. May uses a soy-protein based demi-permanent shine formula in his salon, which replaces lost amino acids and comes in tinted versions to boost colour intensity. Clear demi-permanent DIY glazes are also available at the drugstore.

When it comes to sun exposure, many salon and drugstore products offer built-in UV protection, (which also helps prevent colour fading) and they say so on their labels. May also highlights Argan oil, which is available in drugstores and salons, as a protective agent. "Ferulic acid is part of its composition — it has high antioxidant properties to fight UV rays," he explains.

Mario Verrilli of Onaré Salon in Mississauga says to risk sun exposure only in small doses. "If you have colour-treated hair, a hat is the best protection."

If you're a pool – or beach – bunny, minimize damage by wetting your hair before jumping in. "Hair can absorb only so much water," he says. "Lightly coating hair with a cream conditioner — preferably a biodegradeable one —before entering the water will also help."

JANINE FALCON

"The number one trend for summer is natural hair, letting hair dry naturally in sculpted styles"
Alain Larivée, CAJH Maitres Coiffeurs

Humidex high? Here's how to fight back

TIPS "Humidity causes increased sweat and oil, causing follicles and pores to clog," says Laura Kingston, an esthetics instructor at Concepts School of Cosmetology in Halifax. Common areas affected are the face, neck, back, chest and feet. Shower every day, but "avoid harsh, drying products like soap and astringent," says Kingston. Here are her recommendations for treating the following humidity-induced skin issues at home (for persistent problems, consult a doctor, dermatologist or pharmacist).

Acne

This can flare up on humid days. To prevent breakouts, use a facial cleanser that doesn't make skin feel dry, tight or sore; exfoliate with a product containing alpha hydroxyl acid (AHA) or one that's acid-based; use a gentle toner such as witch hazel; and apply a light moisturizer. Put on sunscreen last, but before makeup.

Fungal infections

Apply an antifungal foot cream to athlete's foot and put tea tree oil on affected toenails, which will be thick and yellow.

Bacterial infections

These can present as colourless patches of skin on the chest, shoulders and back. Use a dandruff shampoo as a body wash, says Kingston, or dab it straight onto dry skin.

Heat rashes

They can appear anywhere, from around the nose and mouth to the groin and underarms. To relieve redness and itchiness, apply pure aloe vera gel, witch hazel or a paste of oatmeal and water.

Help your hairdo

According to Debbie LeFort, a master hair-styling instructor at Concepts, humidity makes straight hair limp and curly hair frizzy. "Regardless of hair type, if you want to hold your style, don't touch your hair after you've sprayed it," says LeFort.

Straight hair

Use a volumizing shampoo and conditioner, work in mousse from the end of the hair shaft to the root. Dry, style and finish with a spray that says "anti-humidity" or "anti-humectant" on the bottle.

Curly hair

Use a moisture-balanced shampoo, then follow the same steps for straight hair. (On really humid days, you might have to give in and embrace the volume.)

JANE DOUCET

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Good morning sunshine

Five sure-fire ways to start the day with a beauty boost.

1 Keep your blinds and your windows partly open at night

Waking up with natural light is a naturally cheery way to wake up. Natural light may also tell your biological clock that it's time to rise, by increasing your adrenaline levels. Over time, you may be able to rely on your biological clock instead of the shrill ringing of your alarm — and guess which wake-up call is more calming?

2 Start your day calm

Marilyn Freeman, a retired teacher in Kingston, Ont., admits to being a type-A person. "I want to jump out of bed and start running around accomplishing things," says Freeman, an avid cyclist, hiker, paddler and volunteer. Instead she gets up and does yoga in a quiet room in her house. Sometimes she listens to a tape, other times she opens her windows and listens to birdsongs. As well as providing stretch and strength benefits, yoga calms Freeman. "In a world that sometimes appears to be spiralling out of control, yoga gives me a sense of personal control."

3 Cuddle with your kids

Waking up to a grouchy kid can start the whole family off on a downer day. Instead of a screechy wake-up call, try waking your kids gently and affectionately. If your children are young, wake them with hugs and kisses. If they're older, try an affectionate head massage and firm but gentle wake-up words. Kid-time is precious, and morning hugs can ensure a heart-warming hello to everyone's day.

4 Get up on the right side of the bed

This isn't a spatial directive, but a psychological one — at least for Cheryl Embrett, a Toronto writer and mother. "Before I get out of bed I think about five things I'm going to be grateful for that day." Her thoughts can be as simple as being thankful for having good coffee to brew. Embrett says, "My negativity was sucking energy. Now I've noticed a difference and my husband finds me much more positive."

5 Walk in fresh air

Slip into comfy clothes first thing in the morning and head outdoors for a 20 to 30 minute walk. A walk can lower your stress level and blood pressure (and it also helps you manage your weight and reduce your risk of type 2 diabetes).

Walking in the fresh morning air — even in the rain — can boost your mood and your outlook.

GILDA SWARTZ

Tips for summer nails

Manicures and pedicures are an important part of your beauty regime, especially during the summer. Here's how to keep your hands and feet looking their warm-weather best!

Polish up

A common do-it-yourself manicure instruction is to apply polish in just three strokes, one down the middle of the nail and one on each side. But if you watch a pro, the moves are a little different. Rita Remark of Toronto's Tips Nail Bar and Spa offers this advice:

- As you withdraw the brush from the bottle, drag one side against the lip to keep polish to one side of the bristles. "Don't be afraid to have plenty of product, as it glides easier and prevents streaking."
- Set the brush — polish down-on the nail one-quarter of the way down from the cuticle. Slowly push it up, and before the polish actually touches the cuticle, sweep down to the tip. Without re-dipping, distribute polish evenly with another stroke or two. "Especially when applying light shades, fewer strokes are better. The more you brush, the more you streak."

Chip tips

Whether you've done your own polish or had a professional job, "after a couple of days, freshen up the top coat, making sure to glide right to the ends," says Remark. "This will restore shine and give polish a fighting chance against chipping."

If you do get a little chip, file the nail length down lightly to minimize or eliminate the chipped bit, then apply another layer of top coat.

Another type of salon manicure and pedicure, involving "soak-off" gel, is rapidly gaining popularity; results can last two weeks or longer without chipping. Designed for natural nails, formulas such as OPI Axxium Gel and CND Shellac (a gel-polish hybrid) deliver a thinner, more flexible finish than traditional gel. Each layer is UV-cured — so there's zero drying time. Removal requires a salon appointment to soak nails in acetone and gently flake the gel off.

Daily TLC

Maria Cristina Faccio, owner of Ritual Tanning Salon & Nail Bar in downtown Toronto, recommends keeping cuticles soft by applying cuticle oil every night before bed.

Also, SPF on hands is a must "to prevent age spots and aged skin," she says. (Wipe nails immediately post application; sunscreen can mar the shiny polish finish.)

And don't forget your poor feet, constantly exposed in warm weather. "Slather them in moisturizer and sleep in breathable cotton socks," Faccio says.

JANINE FALCON

Scents and sensibility — what's yours?

Flowers are more than just pretty faces. Their scent evokes powerful emotions, moods and memories — and that's made perfume a perennial part of most beauty wardrobes.

Rose and lavender remain timeless favourites, but this season's most popular fragrances feature more exotic blooms. Notes of freesia, grapefruit, mandarin, orchid and rose with pear are present in the perfect-for-summer scents, says Tammy Smitham, of Shoppers Drug Mart and its upmarket cousin, Murale.

Each flower has a fragrance profile. Freesia is intensely sweet and comforting. Rose offers a warm, deep sweetness considered an aphrodisiac, but often has a bracing hit of cloves or other spicy scents. Lavender is pungent, herbaceous and soothing. Orange blossom is fruity, delicate and honey-sweet yet refreshing. And various orchids serve up scents that stretch from coconut to cedar.

Summer-fresh fragrances from natural sources are usually more expensive than synthetics, especially if they are harvested from rare blooms or faraway places. The classic brands usually contain real-flower ingredients. Ask an expert at the fragrance counter, Smitham suggests, to help you pick a classic or contemporary perfume that suits both the season and your personality.

JO CALVERT

warm weather

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Sunny side of summer

Sunlight actually boosts our mood. The rays suppress the production of melatonin, a hormone that makes us feel sleepy and generally. **DR. IRVIN WOLKOFF, A TORONTO PSYCHIATRIST**

Trendwatch
Bare it!

With summer upon us, it's time to bare more than just our faces on the beach! Besides the usual methods (razors, creams, waxing and laser), here's a look at three hot trends in hair removal.

Hair Removal Pads: These pads are like extra-fine sandpaper and gently buff hair (and dead skin) off your body.

Body Sugaring: Similar to waxing, this method has the added benefit of exfoliation. Available in spas and salons, there are also recipes on the Internet for home.

Epilation: Shaver-shaped devices tweeze hair – a patch at a time. Web chat indicates it gets less painful with each use.

Be sure to talk to a beauty advisor about whether these methods might work well for you.

LORI DANCE

Care free

Summer "brings back all those wonderful feelings" of childhood and running barefoot.

DR. IRVING WOOLKOFF

In the swim

Since the days of the Roman bath, deciding what to wear by the water has always been a challenge — do we go for comfort or style? Thanks to new materials, and fantastic designers, making the choice is no longer such a big deal.

SPEEDO CANADA BY STEPH POLIC PHOTOGRAPHY

AQUA DI LARA

There's a swimsuit for every figure. While ruffles, ruching and trim add to curves, sleek lines and darker colours add length and are slimming.

Material girl

According to Janet Morrison of Omni Swim Aquatics in Toronto, the best material is polyester because it resists fading and stretching in harsh pool chemicals. Lycra, on the other hand, tends to stretch so much that after three months of constant use, "you'll be able to tie a knot in it," she says.

The material also makes a difference also when getting fitted: "A Lycra suit needs to be really tight because it will stretch, whereas polyester should just be comfortable, because it won't stretch," Morrison says.

Patterns

The looks for 2010 are "solid, vibrant colours or graphic patterns, plus some textured and specialty fabrics," says Reyhan Sofraci, creative director and owner of Montreal's Aqua Di Lara Swimwear, a line of haute fashion bathing suits.

Design

And they're a little more daring in their design. Bandeaus and tarzan bottoms are a huge hit, says Sofraci, "with the cut-away suit, or monokini, being a particularly flattering style. Strategic fabric placement keeps certain areas hidden and yet has great sex appeal."

Though Sofraci loves "innovative fabrics," function is important: "The suits must brave water, sun and chlorine and stay as beautiful as when first purchased."

Match body shape to suit

Enhancing the beauty of the feminine form is as simple as following tried and true fashion design rules: "Lines elongate. Big prints emphasize, small prints minimize. Light colours enhance, dark colours reduce," says Sofraci.

ALEX NEWMAN

Fashion watch

From crowded trains and buses to air-conditioned cars and offices and everything in between, dressing for summer heat can be a challenge! Here are 10 ways to keep cool... and look great.

Kelly Millar

"Something about the heat makes people feel they need to wear too little, and too tight"
KDavid Clemmer, wardrobe consultant for Style By Jury

Wear breathable cotton and linen in lighter colours; steer clear of clingy jersey and synthetics. If you've got an active day, high-tech fabrics will wick moisture away from your skin.

Loosen up. "Something about the heat makes people feel they need to wear too little, and too tight," bemoans David Clemmer, wardrobe consultant for the popular makeover series Style By Jury.

It's okay to move up your hemline a bit if the look's right for you and your work environment. If it's corporate, forget the mini. Your best bet, says Toronto-based image consultant Kelly Millar, is at or just above the knee.

Go for balance: if you wear a flirty skirt, balance it with a jacket or cardigan; pair a tank top with a longer flowing skirt or capris with billowy tops.

Dress in layers. Loosely roll a lightweight, neutral-coloured jacket or cardigan and stash it in your knapsack or purse for the commute; hang it over the back of your chair so the creases fall out. If your office provides a place to hang clothes, keep a crisp white shirt as a back-up.

Ditch the pantyhose if your workplace allows it — but forget flip-flops. "They should only be allowed where sand is present," Clemmer says. Avoid flaming toenail colours "so people aren't noticing your nails or feet before they notice you."

Pull hair up off the neck in a chignon or ponytail. (Or, for those with longer hair, try a shorter cut this summer!)

Ice cubes or a damp wash cloth on the neck or wrists help cool you down. Install a small desk fan.

Keep anti-perspirant (it reduces wetness) or deodorant (it lets you sweat but keeps you smelling sweet) in your desk or purse. Underarm shields, which are thin adhesive pads that absorb sweat, are another option.

Take a cool bath or lukewarm shower before you head out for the evening again.

KIM ZARZOUR

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Photo sensitivity

Some foods, like celery and rutabaga, contain phyto coumarin. "When ingested, these foods are absorbed through the body and show up in the skin. When exposed to the sun, the chemical is converted to an oxygen radical and that can lead to a sunburn-like reaction". DR. GORDON SEARLES

Foods to boost your beauty

When it comes to skin care, what you put on your plate may be more important than what you put on your skin, says Toronto dietitian Fran Berkoff.

"Everything we eat affects our body inside and out," says Berkoff, "so the healthier the foods you eat, the better your skin will look. There's no need to take supplements."

The best way to nourish your skin is to follow Canada's Food Guide, she says. Getting the recommended 7-10 servings of fruits and veggies a day is super easy with farmer's markets everywhere these days. Choose fruit for breakfast, dessert and snacks, make a salad for lunch and steam up different-coloured veggies with dinner.

Eat your fruit and veggies. Vitamin C produces collagen and may help reduce the damage (and wrinkles) caused by overexposure to the sun. Broccoli, tomatoes, red peppers, dark greens, strawberries and local muskmelon (cantaloupe) are all rich in this essential vitamin and powerful antioxidant.

Eat your fruit & veggies!

Take the E train. Vitamin E, another important antioxidant, may also help protect skin from sun damage and keep it looking great. Get your fix by making a big salad spritzed with good olive oil and sprinkled with nuts and seeds. For snacks, enjoy a handful of almonds.

Make a splash. Our bodies, and our skin, love Vitamin A, and one of the best places to get it is from dairy products. Think berry-banana smoothies with low-fat milk for breakfast, yogourt with fresh fruit and a mid-afternoon cup of frozen yogourt. Since we also convert beta carotene to Vitamin A, serve a low-fat yogourt dip with bright orange carrot, sweet potato or rutabaga sticks.

"More studies are needed to figure out the long-term benefits of food on our skin," says Berkoff, "but we know for sure that eating a variety of healthy foods and drinking plenty of water to keep your skin hydrated will go a long way to helping you look and feel terrific this summer."

CYNTHIA DAVID

Fitness watch — beach ready workout

Well toned muscles look fabulous in summer bikinis and tank tops… and toning muscles is easier to do than you think, says Krista Popowych, manager of the Richmond Olympic Oval in Richmond, B.C. She recommends five muscle conditioning moves to help tone the muscles that are most often bared in summer!

Health Canada recommends that healthy Canadians aim for at least 60 minutes of physical activity every day. That includes aerobic exercise such as cycling and fast walking and muscle conditioning.

Remember that losing a bit of weight — and fat — might be important too, in revealing muscle tone. The best way to lose extra fat is to combine aerobic exercise with healthy eating.

1 Wide leg squat with calf raise

(Targets: legs)

Stand with feet wide and toes turned outward. Bend knees as you lower your torso straight down. Lift heels and balance on toes for 3 seconds. Drop heels and lift torso back to starting position. Be sure to keep all movements slow and controlled in this exercise and others. Repeat 10-12 times.

Advanced: Repeat 10-12 more times.

2 Wide leg push-up

(Targets: arms, shoulders, chest and core)

Start in a push-up position with legs wider than hip width and arms in line with shoulders, elbows slightly bent and pointing back (not to the sides). Bend elbows slowly as you lower your upper body to the ground. Pause, then push yourself up to the starting position. Repeat 10-12 times.

Advanced: In the upper position, reach out one arm. Hold for 5 seconds. Lower. Change sides.

3 Reverse lunge into knee lift

(Targets: glutes, quads, hamstrings, calves)

Stand with feet hip width apart and arms by your sides. Bend the left knee as you step the right leg back into a lunge position. In a slow, sweeping motion, and as you straighten the left knee, lift the right leg forward and bend the knee up to waist height. Reach the right leg back again into a lunge position. Repeat 10-12 times. Change legs.

Advanced: As you bring the knee up, do a bicep curl with your arms. As you lower the leg, lower your arms again too.

4 Side plank

(Targets: shoulders, core, abdominals)

Lie on your left side with elbow bent and body lifted off the floor with legs extended and stacked or the top foot acting as a brace on the ground in front of the right foot. Be sure neck is in line with the spine. Extend right arm up towards the ceiling. Hold for up to 15-50 seconds.

Advanced: Sweep your right arm around and under your body to touch the ground underneath.

5 Bicycle

(Targets: Abs)

Lie on your back with head, neck and shoulders raised, elbows wide, hands lightly touching either side of your head. Reach your opposite elbow to opposite knee as you start to cycle. Repeat 30-50 seconds. Take a break and repeat.

Advanced: Change the tempo — slower is more challenging.

YLVA VAN BUUREN

Recipe

Sensational summer smoothies

Blend vitamin-rich fruit with other delicious ingredients for a healthy and refreshing summer smoothie that is guaranteed to make you feel great inside and out. The Dairy Famers of Canada provided these recipes.

CYNTHIA DAVID

Strawberry cantaloupe smoothie

- 1 cup (250 mL) chopped Ontario muskmelon or cantaloupe
- ½ cup (125 mL) chopped strawberries
- 1/3 cup frozen cranberry juice concentrate
- 1 ½ cups (375 mL) cold milk
- 1 cup (250 mL) ice

In a blender, puree melon, strawberries and concentrate together until smooth. Add milk and ice; blend again. Enjoy immediately.

SERVES 2

Mango smoothie

- 1 large ripe mango, peeled and chopped
- ½ tsp (2 ½ mL) grated fresh ginger
- 1/3 cup (75 mL) frozen orange juice concentrate
- 1 ½ cups (375 mL) cold milk
- 1 cup (250 mL) ice

In a blender, puree mango, ginger and concentrate together until smooth. Add milk and ice; blend again. Pour into tall glasses and enjoy.

SERVES 2

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Rogers pays $30M back to customers

Rogers Communications is reimbursing hundreds of thousands of customers a total of $30 million because of a billing mistake, the company said Friday. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Mass? There's an app for that

An Italian priest has developed an application that will let priests celebrate Mass with an iPad on the altar instead of the regular Roman missal.

The Rev. Paolo Padrini, 36, a consultant with the Vatican's Pontifical Council for Social Communications, says the free application will be launched in July in English, French, Spanish, Italian and Latin.

Two years ago, Padrini developed the iBreviary, an application that brought the book of daily prayers used by priests onto iPhones. To date, some 200,000 people have downloaded the application, he said.

The iPad application is similar but also contains the complete missal — containing all that is said and sung during Mass throughout the liturgical year. Upgrades are expected to feature audio as well as commentaries and suggestions for homilies as well as musical accompaniment, he said.

"Paper books will never disappear," he said in a phone interview from his home parish in Tortona, in Italy's northern Piemonte region. But at the same time "we shouldn't be scandalized that on altars there are these instruments in support of prayer."

THE ASSOCIATED PRESS

Online Pope

- Pope Benedict XVI, a classical music lover who was reportedly given an iPod in 2006, has sought to reach out to young people through new media: the Vatican has a regularly updated presence on You Tube and Facebook.

China Hard currency

THE ASSOCIATED PRESS PHOTO

A Chinese bank clerk counts banknotes yesterday. China's central bank said it would maintain a stable exchange rate and no longer peg its currency to the U.S. dollar — a move that will make the yuan trade more freely.

WestJet says seat sales still around

AIRLINES WestJet Airlines says recent fare changes mean customers won't have to wait around for seat sales, but the airline isn't doing away with last-minute bargains altogether.

"Seat sales are not going away. We will continue to have them from time to time," WestJet vice-president Richard Bartrem said Friday. WestJet will now offer lower fares 330 days ahead of time. It is also reducing its top fares by an average of 25 per cent.

THE CANADIAN PRESS

In brief

WORLD CUP Vuvuzelas, the yard-long plastic horns deafening fans in South Africa's World Cup soccer stadiums, have become one the country's fastest-selling sports items, leaving manufacturers struggling to keep up. Demand has been "unbelievable," said Clinton Currie, who runs the Johannesburg-based Vuvuzela Branding Company.

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Ruling helps Johnson end drought

A NASCAR ruling cost Marcos Ambrose his first career Sprint Cup Series victory yesterday when he stalled his car under a late caution at Infineon Raceway and was forced to forfeit his lead to Jimmie Johnson. Johnson went on to win his first career Cup race on a road course and ended a 10-week victory drought for the four-time defending series champion. THE ASSOCIATED PRESS

Sports

Gaga banned from locker room

Lady Gaga can still play Yankee Stadium — she just has to follow the ground rules. The outlandish pop singer, left, talked her way past security and visited the Yankees clubhouse after the team lost to the New York Mets Friday night. The New York Post reported yesterday that Yankees co-chairman Hal Steinbrenner was upset with Lady Gaga's antics and permanently barred her from the locker-room. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

IRL Tony Kanaan overtook Helio Castroneves with 10 laps left and held on to win the Iowa 250 yesterday. It was the first win since 2008 for Kanaan, who last took the checkered flag in Richmond two years ago. Kanaan had crashed in each of his first three starts at Iowa, but he zipped past Castroneves on lap 240 and cruised to victory by over four seconds.

GOLF Japan's Ai Miyazato shot a 7-under 64 yesterday to win the $1.5-million US ShopRite LPGA Classic. The 25-year-old Miyazato is guaranteed to take over the No. 1 spot in today's rankings after her fourth victory of the season. Second-round leader M.J. Hur finished second, two shots behind Miyazato. Fellow South Korean Inbee Park, the 2008 U.S. Women's Open champion, was a further two shots back. THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S NL RESULTS

Milwaukee 6 Colorado 1

YESTERDAY'S INTERLEAGUE RESULTS

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Atlanta 8 Kansas City 5
Chicago Cubs 12 L.A. Angels 1
Chicago White Sox 6 Washington 3
Detroit 3 Arizona 1
Florida 4 Tampa Bay 1
Minnesota 4 Philadelphia 1
N.Y. Yankees 4 N.Y. Mets 0
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Riders get double-Stamped

Burris, Pickett each toss a pair of TDs in Calgary win

CFL EXHIBITION

Riders 17 Stamps 41

VS

Henry Burris tossed two touchdown passes in the first half and then sat back to watch his new understudy pick up right where he left off.

Calgary's starting quarterback hit Nik Lewis and Jermaine Jackson in the first half before the recently signed Cody Pickett tossed two TD passes of his own as the Stampeders downed the Saskatchewan Roughriders 41-17 in both teams' final pre-season game yesterday.

"It was good to go out there and perform well in the first half and give the young guys an opportunity to go out there and show their abilities and give their best audition," said Burris, who completed 12-of-16 passes for 153 yards as Calgary finished its exhibition schedule 2-0.

JEFF MCINTOSH/THE CANADIAN PRESS

Saskatchewan Roughrider Leron Mitchell tries to hold onto Calgary Stampeder Landan Talley during second half pre-season CFL action in Calgary yesterday.

"A lot of the young guys did a great job and it's going to make decisions difficult for our coaching staff, but it's over now. Now it's time to get ready for the real one (Calgary's regular season opener) and that's July 1st against the Argos."

Pickett, who spent the last three seasons with Toronto, was signed by the Stamps on Tuesday and had limited time to learn the offence.

"(Quarterbacks coach Dave Dickenson) did a great job keeping it simple for me," said Pickett, who went 7-for-9 for 87 yards with touchdown passes to rookies Mike Cornell and Ronald Keels in less than a quarter of action. THE CANADIAN PRESS

McDowell passes stars to win Open

GOLF In a U.S. Open with golf's biggest stars on the leaderboard, it was Graeme McDowell who played like one.

McDowell seized control after a shocking collapse by Dustin Johnson, then failed to get flustered with Tiger Woods, Phil Mickelson and Ernie Els lined up behind him. The 30-year-old from Northern Ireland wasn't perfect, but he was good enough.

He closed with a 3-over 74 to become the first European in 40 years to capture the U.S. Open, getting an embrace on the 18th green from his father.

"You're something, kid," Kenny McDowell said, speaking for thousands who watched this unlikely Open unfold along the Pacific coastline.

It was a final round no one expected.

Johnson took a triple bogey on the second hole to lose all of his three-shot lead, and a double bogey on the next hole ended his hopes. Three of the biggest stars of this generation were right there, ready to continue the lineage of great champions at Pebble Beach, only to play far below their expectations.

ROSS KINNAIRD/GETTY IMAGES

Graeme McDowell of Northern Ireland watches his tee shot on the 11th hole yesterday.

McDowell made only one birdie — an eight-foot birdie putt on the fifth hole — and his final round was the highest score by a U.S. Open champion since Andy North in 1985.

No matter. It added up to a one-shot victory over another surprise contender, Gregory Havret of France, who shot 72. THE ASSOCIATED PRESS

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Blue Jay honours father's dying wish

MLB John McDonald's bottom lip quivered as he recalled the conversation with his late father, Jack.

They were talking about what kind of player the light-hitting utility infielder was, and Jack had a request for his son.

"Hit your next home run for me," he said, shortly before he died from liver cancer on Tuesday.

John McDonald obliged. In his first at-bat after the funeral on Friday. On Father's Day.

His first thought as he was rounding the bases?

"Probably the fact that I couldn't call my dad after the game," McDonald said, the corner of his eyes dampening.

"I think it was for both of us." THE CANADIAN PRESS

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Cameroon out, Netherlands through

Dennis Rommedahl scored one goal and set up another to lead Denmark to a 2-1 comeback win over Cameroon Saturday, eliminating the African team from the World Cup and sending the Netherlands to the round of 16. THE ASSOCIATED PRESS

World Cup

Security concern

The Nigerian team has asked its government to provide security for midfielder Sani Kaita, left, after his red card during a World Cup loss to Greece prompted more than 1,000 death threats. Security has already been increased around the Nigerian team's base in South Africa. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Shock and draw for Italy

Azzuri stunned by tiny New Zealand in 1-1 tie

GROUP F RESULT

New Zealand 1 Italy 1

Defending champion Italy was held to another 1-1 draw yesterday, this time by New Zealand, in the latest World Cup surprise.

The 78th-ranked All Whites took the lead in the seventh minute when the ball glanced off 36-year-old Italy captain Fabio Cannavaro, gifting a goal to Shane Smeltz. A long free kick from Simon Elliott sailed deep into Italy's area, deflected off Cannavaro's hip and went directly toward the waiting Smeltz for the tap in.

Riccardo Montolivo hit the post for Italy in the 27th, and Vincenzo Iaquinta equalized two minutes later with a penalty after Tommy Smith was shown a yellow card for tugging down Daniele De Rossi inside the area. "We're just sorry we didn't win a match we could have," Italy coach Marcello Lippi said. "If we didn't win against New Zealand it's our fault"

At the final whistle the celebration was located in one corner of the Mbombela Stadium, where a small section of New Zealand fans marked their country's historic result by taking their shirts off and waving them around deliriously. "I think that stopped the nation," New Zealand coach Ricki Herbert said. "It's the most incredible result we've had ... as a football coach, it's way above anything we've achieved in the history of the game."

THE ASSOCIATED PRESS

DAVID ANNION/GETTY IMAGES

Tommy Smith of New Zealand, right, clashes with Vincenzo Iaquinta of Italy in a World Cup Group F match at the Mbombela Stadium in Nelspruit, South Africa. The match was a 1-1 draw.

Brazil gets a hand in win over Ivory Coast

GROUP G RESULT

Brazil 3 Ivory Coast 1

Brute force and hand balls aside, Brazil achieved its first objective at the World Cup: Advancing out of Group G.

Luis Fabiano scored a pair of goals, one with the aid of touches with his hand, while Elano added another as Brazil beat Ivory Coast 3-1 yesterday to secure a spot in the second round from Group G. In a physical match that saw Brazil star Kaka ejected with two late yellow cards, the five-time champions showed they can deal out the rough stuff with the pretty plays.

"It's true, the ball really touched my hand and then my shoulder," Luis Fabiano said of his second goal. "But it was involuntary. It was one of the greatest goals I've scored in my career."

Fabiano got his first goal in six matches for the national team with a powerful right-footed shot in the 25th minute after a perfect pass by Kaka between defenders. Fabiano added to the lead in the 50th with his left foot from near the penalty spot after beating two defenders inside the area — helped by his sleight-of-hand.

Ivory Coast coach Sven-Goran Eriksson was livid that the second goal counted. "It shouldn't have been allowed," Eriksson said. "They got a goal free. That's a two-nil goal — that changed everything.

Didier Drogba, playing from the start for the first time after breaking his right arm, scored the lone goal for Ivory Coast with a header in the 79th.

THE ASSOCIATED PRESS

Paraguay wins

- Enrique Vera and Cristian Riveros each scored yesterday as Paraguay took a big step toward the round of 16 with a 2-0 win over Slovakia.

Service Canada Centre for Youth
Centre Service Canada pour jeunes

The Service Canada Centre for Youth in Calgary invites you to the Youth Summer Job Fair.

When: June 23, 2010
10:00 a.m. to 3:00 p.m.

Where: Harry Hays Building
220 4th Avenue SE, Room 280
Calgary, Alberta

Who: Employers and youth between the ages of 15 and 30.

Why: The Youth Summer Job Fair is a great opportunity for youth to find summer employment. On-site interviews will be conducted and casual labour workshops will take place throughout the day.

Call us at 403-292-4001 for more information or visit us at 220 4th Avenue SE in Calgary!

Le Centre Service Canada pour jeunes de Calgary vous invite à participer au salon de l'emploi pour jeunes.

Date : Le 23 juin 2010
De 10 h à 15 h

Lieu : Édifice Harry Hays
220, 4th Avenue SE, bureau 280
Calgary (Alberta)

Participants : Employeurs et jeunes de 15 à 30 ans.

Objectif : Le salon de l'emploi pour les jeunes est une bonne occasion pour ces derniers de trouver un emploi d'été. Des entrevues seront effectuées sur place et des présentations sur nos services de main d'oeuvre temporaire auront lieu tout au long de la journée.

Pour plus d'information, appelez-nous au 403-292-4001 ou visitez-nous au 220, 4th Avenue SE à Calgary!

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Sports in brief

SOUTH AFRICA France team director Jean-Louis Valentin yesterday shouted at the media that he was "ashamed" of his players for not training. Caught up to by reporters, Valentin announced his resignation on the spot. THE ASSOCIATED PRESS

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
Uruguay	2	1	1	0	3	0	4
Mexico	2	1	1	0	3	1	4
France	2	0	1	1	0	2	1
South Africa	2	0	1	1	1	4	1

TUESDAY GAMES
Mexico vs. Uruguay, 8 a.m.
France vs. South Africa, 8 a.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
Argentina	2	2	0	0	5	1	6
South Korea	2	1	0	1	3	4	3
Greece	2	1	0	1	2	3	3
Nigeria	2	0	0	2	1	3	0

TUESDAY GAMES
Nigeria vs. South Korea, 12:30 p.m.
Greece vs. Argentina, 12:30 p.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	2	1	1	0	3	2	4
U.S.	2	0	2	0	3	3	2
England	2	0	2	0	1	1	2
Algeria	2	0	1	1	0	1	1

FRIDAY'S RESULTS
U.S. 2 Slovenia 2
England 0 Algeria 0
WEDNESDAY GAMES
Slovenia vs. England, 9 a.m.
U.S. vs. Algeria, 9 a.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Ghana	2	1	1	0	2	1	4
Germany	2	1	0	1	4	1	3
Serbia	2	1	0	1	1	1	3
Australia	2	0	1	1	1	5	1

FRIDAY'S RESULTS
Serbia 1 Germany 0
SATURDAY'S RESULTS
Australia 1 Ghana 1
WEDNESDAY GAMES
Ghana vs. Germany, 3:30 p.m.
Australia vs. Serbia, 3:30 p.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
x-Netherlands	2	2	0	0	3	0	6
Japan	2	1	0	1	1	1	3
Denmark	2	1	0	1	2	3	3
Cameroon	2	0	0	2	1	3	0

SATURDAY'S RESULTS
Netherlands 1 Japan 0
Denmark 2 Cameroon 1

GROUP F

	GP	W	D	L	GF	GA	Pts
Paraguay	2	1	1	0	1	1	4
Italy	2	0	2	0	2	2	2
New Zealand	2	0	2	0	2	2	2
Slovakia	2	0	1	1	1	1	1

SUNDAY RESULTS
Paraguay 2 Slovakia 0
Italy 1 New Zealand 1

GROUP G

	GP	W	D	L	GF	GA	Pts
Brazil	1	1	0	0	2	1	3
Ivory Coast	1	0	1	0	0	0	1
Portugal	1	0	1	0	0	0	1
North Korea	1	0	0	1	1	2	0

SUNDAY RESULTS
Brazil 3 Ivory Coast 1
TODAY'S GAME
North Korea vs. Portugal, 5:30 a.m.

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	1	1	0	0	1	0	3
Switzerland	1	1	0	0	1	0	3
Honduras	1	0	0	1	0	1	0
Spain	1	0	0	1	0	1	0

TODAY'S GAMES
Switzerland vs. Chile, 8 a.m.
Spain vs. Honduras, 12:30 p.m.

x - clinched berth in second round, all times MT

South African universities provide services, accommodation for FIFA

As football fever sweeps across South Africa and the world, South African universities are contributing to the event through a number of initiatives, such as accommodation for teams and fans, access to sports facilities, exhibitions and soccer events. METRO NEWS SERVICES

Workology

Excellence in health care

The Canadian College of Health Services Executives recently bestowed awards on individuals, teams and organizations that have exemplified leading practices across the health care system in Canada. They include: The Energy and Environmental Stewardship Award for Toronto's Sunnybrook Health Sciences Centre; the Health Care Safety Award for the Vancouver's B.C. Cancer Agency and the Nursing Leadership Award went to Jeanne Besner, a director at Alberta Health Services. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

2010, the year of the odd resumé

Even as the job market improves, with unemployment still up there, job seekers have turned to unconventional methods to stand out from the competition.

According to a new survey from CareerBuilder, nearly one-quarter of hiring managers (22 per cent) reported that they are seeing more job seekers try unusual tactics to capture their attention in 2010 compared to last year. This is up from 18 per cent of hiring managers who said the same in 2009 and 12 per cent in 2008.

"While we are seeing positive signs in the job market as employers gradually add headcount, competition is still high for open positions," said Jason Ferrara, senior career adviser at CareerBuilder. "As a result, more candidates are turning to unconventional tactics to attract the attention of hiring managers."

Some interesting applications include:

- Candidate brought in a DVD of his former boss giving him a recommendation.
- Candidate applying for a casino table game position came into my office and started dealing on my desk while pretending to talk to players, which showed me her guest service skills.
- Candidate sent in a letter that explained how to solve an issue our company was having with a certain type of technology.
- Candidate who was a prospective teacher brought in a box of props to demonstrate her teaching style.
- Candidate came prepared with unique business cards featuring our logo and a self-introduction brochure.
- Candidate wrote a full business plan for one of our products with his resumé submission.
- Candidate created a full graphics portfolio on our brand.

This survey was conducted online by Harris Interactive on behalf of CareerBuilder.com among 2,778 hiring managers and human resource professionals.

METRO NEWS SERVICES

Blacksmiths still forging steel in the 21st century

Odd Jobs

Diane Peters

Metronews.ca/oddjobs

Robb Thak loved art and reading history and fantasy books growing up. "As soon as I realized blacksmiths made all the armour, I knew that's what I wanted to do."

As a teen, he discovered that one of the top blacksmiths in southern Ontario lived down the road, and he offered classes: Thak took one and built himself a forge at home to practise.

Thak, who's now 41, kept asking if he could work in the shop. He asked about four times before the blacksmith caved in and let him start sweeping floors for $5 an hour.

Over the next four years, Thak got his basic training as a blacksmith. He married young and had kids, and those were "lean years," he recalls. So he quit to sell insurance.

That did not work out. After a year, he got a night job at a factory and did blacksmith work by day at the shop he'd set up on his parents' farm.

PHOTO SUBMITTED

Blacksmith Robb Thak, 41, from Thak Ironworks hammers away at his forge.

For six years, he honed his craft and built up a reputation. "These are not skills you learn over six months. It takes several years to get the hand-eye-coordination and the larger design and proportions right."

Finally, he was able to quit and rent his own shop. A few years later, he began sharing space with his father-in-law, who ran an auto repair shop in Floridale, a tiny village near Thak's home in Elmira. Eventually, his father-in-law moved to another location and Thak bought the building.

Now, Thak works from 6 a.m. until 5 p.m. six days a week. He takes Sunday off to be with his family (who also often help out in the shop).

Thak makes metal creations — mostly using steel, but sometimes copper and brass — ranging from small doorknockers to large, elaborate railings that sell for around $30,000.

His tools include a forge, which is a small and very hot furnace, a hammer and an anvil (yup, the thing Wile E. Coyote used on the Road Runner).

He heats up a piece of steel to around 2,000 F, which makes it as mouldable as clay. He has about a minute to use his hammer to shape it. Then it's back into the forge, and more hammering. The shape of the anvil is helpful as a tool to bend the steel in various ways.

Thak and his on-staff blacksmith work at the forge for about three hours a day: It's hot, exhausting work. For every two hours at the forge, a piece needs about three hours of addition work, including sanding, soldering and painting.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Jackson kids go to school

Michael Jackson's mother Katherine is quoted as saying that the late pop star's children will attend school for the first time this year. She told Britain's Mail yesterday tabloid that Jackson's three children — Prince, 13, Paris, 12, and Blanket, 8 — have had private lessons up until now. METRO NEWS SERVICES

Entertainment

Surfer trial

A judge has declared a mistrial for a second time in a battery case against two surfers accused of attacking a photographer who tried to photograph actor Matthew McConaughey on a Malibu beach.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Hedley, Bieber win big at MMVAs

Justin Bieber had quite an introduction to the Much-Music Video Awards last night, winning three trophies in front of a mass of screaming fans who camped out for days to see him.

Bieber won the viewer choice awards for best video and new artist as well as the prize for international video by a Canadian for his smash hit Baby.

The 16-year-old seemed genuinely surprised as he mounted the stage.

"Coming from a small town in Canada — repping Stratford, Ont. — I just wanna say, this means the world to me," said a grinning Bieber.

"It's my first award, and to have it in Canada is just amazing."

"It's my first award, and to have it in Canada is just amazing."
Justin Bieber

Pop-punkers Hedley tied Bieber with three trophies at the outdoor bash, winning video of the year and post-production of the year for Perfect and pop video of the year for Cha-ching.

"Thank you guys so much," said lead singer Jacob Hoggard before turning his attention to shirtless Jersey Shore star Pauly D, who presented the award. "I'd like to thank Pauly's left and right nipples as well."

DARREN CALABRESE/THE CANADIAN PRESS

Hedley pose for a photo with one of their 2010 MMVA trophies on the red carpet.

Hard-rockers Billy Talent also took a pair of trophies, including rock video of the year, while Toronto rap star Drake and collaborator Trey Songz won two trophies for their song Successful (cinematography of the year and hip-hop video of the year).

Last year's hosts, the Jonas Brothers, were also awarded with some hardware: international video of the year by a group for Paranoid, while Ottawa rapper Belly nabbed the MuchFACT indie video of the year trophy.

Of course, each year's instalment of the MMVAs is remembered as much for the impromptu watercooler moments as the actual awards.

Last year, Lady Gaga authored the show's most memorable moment when she closed a visually ambitious performance by posing with a flaming bustier - a visual Marianas Trench singer Josh Ramsay eagerly borrowed yesterday as the band performed atop a stage erected high above the audience's heads.

One of the evening's unexpected moments actually came in the form of a glaring error. The first time co-host Miley Cyrus threw to Drake's performance, something was lost in translation, and the 23-year-old Drake stood confused onstage until producers cut to commercial.

THE CANADIAN PRESS

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/21/10 primetime	267	351	- ACCESS	Alberta Primetime (Live)		The Listener (DVS)		*The Rival* (2006, Suspense) Tracy Nelson, Heather Tom.				Primetime
	243	317	3 CFCN	etalk	Access H.	(8:01) **CSI: Miami**		Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang	CTV News
	-	-	4 OMNI	King	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelorette The men travel to Iceland with Ali. (N)				True Beauty
	245	306	6 CBRT	Laughs	World Cup Soccer Match of the Day. (HDTV)					CBC News: The National		Soccer
	244	338	7 CICT	ET Canada	Entertainment	In Plain Sight		Lie to Me (HDTV PA) (N)		The Good Guys (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		(8:02) **True Beauty** (N)		The Bachelorette The men travel to Iceland with Ali. (N)				EP Daily
	119	705	9 CBXFT	Squelettes	Les Parent (N)	Les Chefs (SC)		Bons baisers de France (SC)		Le Téléjournal	TJ Alberta	Sports FIFA
	-	-	10 SHAW	(6) **Local Programming**						Local Programming		
	-	372	12 KREM	News	Access H.	The Doctors		How I Met	Engagement	Two/Half Men	Big Bang	CSI: Miami
	-	374	14 KSPS	PBS NewsHour (N)		'Allo, 'Allo!	Steves Europe	Antiques Roadshow		History Detectives (N)		Korean War
	502	390	15 CBC	CBC News: The National		What Happened Next		CBC News: The National		CBC News: The National		Jackson
	-	370	16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	Last Comic Standing		Last Comic Standing (N)		Persons Unk.
	-	373	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Lie to Me (HDTV PA) (N)		The Good Guys (N)		News
	297	652	37 WPIX	Gossip Girl (HDTV)		PIX News at Ten (N)		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)				Larry King Live		Cooper 360
	508	502	31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400	21 TSN	**Golf** Telus Skins Game. (HDTV)		SportsCentre (HDTV) (Live)			Off the Record	**Auto Racing** Prelude to the Dream.		
	408	418	27 net	**Air Racing** From New York.		Sportsnet Connected		MMA Conn	Week-Baseball	Sportsnet Connected		MMA Conn
	410	403	30 SCORE	(7:15) **WWE Monday Night RAW**				FIFA World Cup Tonight		WWE Monday Night RAW		
	411	457	44 OLN	Operate-Repo	Operate-Repo	UFO Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	417	406	48 SPEED	Ultimate Factories (HDTV)		Racing Chef	NASCAR	Ultimate Factories "BMW"		Ultimate Factories (HDTV)		Racing Chef
family	552	543	20 YTV	iCarly	To Be Indie	Survive This	Survive This	In Real Life		Survive This	That's-Weird	To Be Indie
	557	541	39 FAM	Han. Montana	Wizards-Place	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545	67 TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
cable variety	575	583	11 CMT	According-Jim	According-Jim	CMT's Greatest				*The Cutting Edge* (1992, Romance-Comedy)		
	553	546	17 TREE	Franklin	Bucket-Dinos	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House-Sell	House	Kim	How Clean	Clean	Kim	Love It or List It		Love It-List It
	521	560	24 TLC	Cake Boss (N)	Cake Boss (N)	Inedible, Incre.	Inedible, Incre.	Cake Boss: Ultimate Cake		Cake Boss	Cake Boss	Inedible, Incre.
	603	561	25 FOOD	Top Chef Masters		Pitchin' In	Glutton	Best Thing Ate	At the Table	Diner, Drive-In	Unwrapped	Top Chef
	615	520	26 A&E	Intervention "Joey"		Intervention Relapse.		Obsessed (HDTV)		(10:01) Intervention		Intervention
	617	522	32 SHOW	Trailer Park	Trailer Park	Painkiller Jane		*Hybrid* (2007, Suspense) Justine Bateman, Cory Monteith.				Misfits
	601	562	33 SLICE	Rich Bride Poor Bride		The Millionaire Matchmaker		ET Canada	What Happen?	Housewives/OC		Housewives
	-	633	34 ENC2	Danish Poet	(7:20) *Outrageous!* ★★★ (1977, Comedy)			*Dog Day Afternoon* ★★★★ (1975, Crime Drama) Al Pacino.				*City Hall (1996)*
	520	505	35 DISC	Dirty Jobs		American Loggers (N)		Daily Planet		MythBusters		Amer. Loggers
	620	523	36 BRAVO	Death in Venice			Song for Africa	Law & Order		Without a Trace		Death-Venice
	294	650	40 WPCH	Law & Order: SVU		Seinfeld	Seinfeld	*Eurotrip* ★★ (2004, Comedy) Scott Mechlowicz.				*Eurotrip*
	626	547	41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Chris Rock: Kill
	-	539	42 TCM	(6) *West Side Story* (1961, Musical)			(8:45) *Gypsy* ★★★ (1962, Musical) Rosalind Russell, Natalie Wood.					*Love-Stranger*
	628	584	43 SPIKE	Disorderly Conduct: Video		Entourage	Entourage	(9:14) Entourage		Entourage	(10:23) DEA	
	522	516	45 HIST	Massacre at Verrieres Ridge		Dogfights "Desert Aces"		Greatest Tank Battles		*The Hunt for Red October* ★★★ (1990)		
	627	528	46 SPACE	*Pumpkinhead* ★★ (1988, Horror) Lance Henriksen.				Stargate SG-1 (DVS)		Doctor Who		*Pumpkinhead*
	-	-	47 AMC	(6) *The Secret of My Success* ★★ (1987)			*The Secret of My Success* ★★ (1987, Comedy) Michael J. Fox, Helen Slater.					*The Goonies*
	619	525	49 TROP	Restaurant Makeover		Colin & Justin's Home Heist		Wipeout		Wipeout		Parking Wars
	600	564	50 HGTV	Home to Flip	Property Virgin	House Hunters	House Hunters	Holmes on Homes		Home to Flip	My First Place	For Rent
	501	391	52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508	70 BNN	Squeeze Play		Business News	Berman's Call	Market Call Tonight		Headline	MoneyTalk	Squeeze Play
	526	507	92 VIVA	The Closer		Cold Case "Red Glare"		Dark Waters of Crime		Judging Amy		Missing
	269	350	93 APTN	(6) **Aboriginal Day Live 2010**					NCI Jam 2009 (Part 1 of 2)		NCI Jam 2009 (Part 2 of 2)	
	-	-	94 MCP	World News	News	Wang Gui	Immortal Yi, So	Lying Low		Simply the	Pinoy Buzz	Wish Ko Lang!
	571	581	100 MMM	mmtop10.ca		Raising the Bar		The O.C. "The New Era"		Raising the Bar		Hip Hop Songs
	570	580	101 MM	When I Was 17	Hard Times	Hard Times	2010 MuchMusic Video Awards				MuchMusic Video Awards	
	581	566	102 MTV	The Hills	Downtown Grls	Downtown Grls	The City	MTV Live	Sex, News-Roll	1 girl 5 gays	Downtown Grls	Downtown Grls
	-	-	116 TV5	(6:55) **Apocalypse**		Survivre		TV5 Le Journal	(9:35) **La Fête de la musique** Le 21ème anniversaire.			

critics' corner

Michael Jackson, What Happened Next
After Michael Jackson was acquitted of child molestation charges in 2006 and went into a self-imposed exile, writer and fan Jacques Peretti went in search of answers about the King of Pop, his life and what led him down his self-destructive path. The result is this 2008 documentary, which features startling revelations from Jackson's manager and many others. 8 PM on CBC

CSI: Miami
Is it just us, or is Eric Delko (Adam Rodriguez) coming back more often than Cher? Oh. It's just us? OK. Well, he's back again to help work a case in which Horatio and the CSIs have just 24 hours to determine if a man on death row is really guilty. 8:01 PM on CFCN

True Beauty
The remaining seven contenders are challenged to create an appealing ad campaign for the Planet Hollywood buffet featuring their own nearly nude bodies and some strategically placed food, but one campaign is so tasteless the judges find it hard to swallow. The real test, however, is who will dig through a messy garbage can to help someone find a lost engagement ring. 8:02 PM on CKAL

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metro

Korn urges BP boycott
Korn's Jonathan Davis is urging artists to boycott troubled oil giant BP over the oil spill disaster in the Gulf of Mexico. The rock singer says he has gathered a coalition of artists, including and they have agreed not to use fuel sold by BP or their affiliates on their tours. THE ASSOCIATED PRESS

Cyndi sings the blues

LENNY STOUTE
for Metro Canada

New wave diva, wrestling maven, Celebrity Apprentice, Gay Pride Grand Marshall, anti-discrimination activist,

Time after time, Cyndi Lauper finds a way to stay in the public eye. Mostly through a series of re-inventions, and for her latest, the lady sings the blues.

On the line from New York, Lauper is bubbly and focused on Memphis Blues, a collection of classic Stax-era tunes given the Lauper treatment. Lest you think this is a serious changeup for the lady, she says it ain't so.

"My interest in the blues goes back to a kid in her bedroom singing the songs of ('50s R&B shouter) Big Mabel, who's had a place in my music ever since. In the Nineties I was mixing pop with hip hop, which put me in a place close to where I could think of this album again".

The genesis of this long-coming album is a 1987 dream starring pianist Oscar Peterson.

"For the last 10 years it's been more or less 'Best Of' albums. I wanted to put out something and it seemed like good time to get that blues album I had in me out there".

Cyndi Lauper's Memphis Blues is available tomorrow.

The timing involved here is both topical and canny. Dropping a blues album gives Lauper access to a whole new audience and the soulful cachet to get onto rootsy events like the Montreal Jazzfest (July 4).

"I wanted something I could sing to my people and the blues is the best thing, because at heart it's uplifting."

"Uplifting" would be a good way to describe the dream in which Peterson appeared and suggested Cyndi should be redoing old blues tunes, just like Janis Joplin did, to bring them to a new audience.

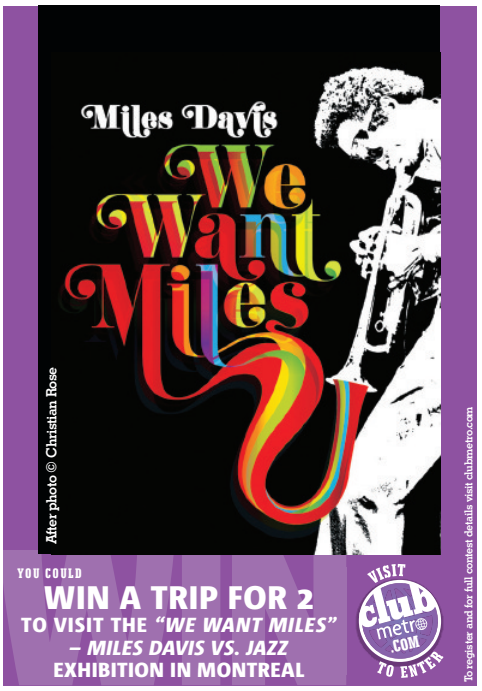
"In the dream I was an a—hole, giving Oscar lip when I should have been singing with the guy. But it stuck, and that's basically the motivation behind the album, to justify Oscar's faith in me."

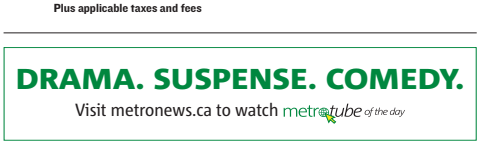
The result is Memphis Blues, which is set to drop on Lauper's birthday tomorrow, 12 Stax-style electric blues excursions covering genre cult fave songwriters including Charlie Spand, Tracey Nelson and Memphis Slim. Cooking in the kitchen with Cyndi, a stellar crew of players including Charlie Musselwhite, Johnny Lang, Allen Toussaint, BB King and Ann Peebles.

"Among the many blessings I had from making the album were the amazing people I got to work with."

Seven Fun Facts about Cyndi Lauper

- Won an Emmy as outstanding guest actress for a continuing role on Mad About You.
- Handpicked by Cher as the opening act for her 1999 Believe tour.
- Her million-selling debut album, She's So Unusual, was almost titled She's So Wonderful
- Made her first appearance on a TV series in 1989 on The Super Mario Bros. Super Show
- Was the first female singer to have four top-five singles released from one album.
- Very first album Blue Angel, was recorded as a member of a band of the same name. According to Lauper, it went lead.
- Girls Just Want To Have Fun was originally written by Robert Hazard for a man to perform.





Jolie visit Haiti as UN goodwill ambassador

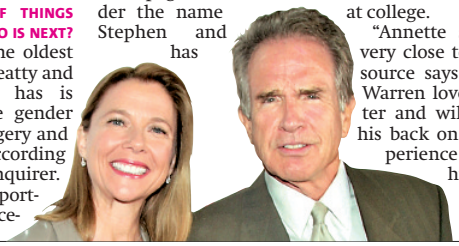
Actress Angelina Jolie has quietly returned to Haiti for meetings with Haitian and U.N. officials. The weekend visit by the "goodwill ambassador" for the United Nations High Commissioner for Refugees was not announced to keep it low-profile. THE ASSOCIATED PRESS

Celebrity Buzz

Beatty, Bening's girl to have sex change?

FIRST CHAZ BONO, NOW STEPHEN BEATTY, IF THINGS COME IN THREES WHO IS NEXT? Kathlyn Beatty, the oldest child of Warren Beatty and Annette Bening, has is planning to have gender reassignment surgery and live as a man, according to the National Enquirer.

Kathlyn has reportedly started a Facebook page under the name Stephen and has started dressing as a man at college.



"Annette still remains very close to Kathlyn," a source says. "And while Warren loves his daughter and will never turn his back on her, this experience is crushing him."

METRO WORLD NEWS

Dreyfuss can't play himself

I GUESS IT'S BACK TO ACTING SCHOOL FOR THE OSCAR WINNER Apparently Richard Dreyfuss doesn't do a very good Richard Dreyfuss impression. The Oscar-winning actor was dropped from a radio show when he called in because the show's producers assumed he was an imposter, according to Page Six.

Dreyfuss was calling to support pal David Black, who was on the show to promote his new book. Black assured the producers that it was in fact Dreyfuss, who called back and managed to get on the air.

METRO WORLD NEWS

Shia woos Carey's folks

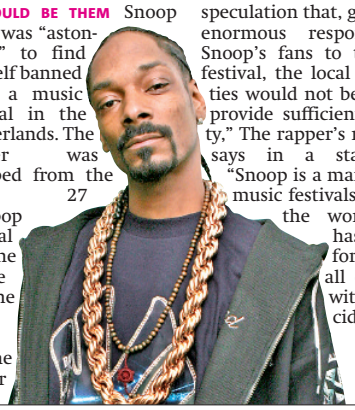
LET'S HOPE HER PARENTS DON'T READ THE TABLOID STORIES OF HIS PAST ARRESTS Shia LaBeouf has already won Carey Mulligan's heart, but he apparently also wanted to make sure her parents love him, too. On a recent trip to London, the Transformers star did his best to woo his British girlfriend's mom and dad, according to the National Enquirer.

"Her parents were worried that Shia was just another Hollywood player who would hurt Carey," a source says. "Shia did his best to prove he's the real deal." His best reportedly included bringing a Hermes scarf for Mulligan's mother and an iPad for her father.

METRO WORLD NEWS

Dutch officials ban Snoop from festival

IF THERE WAS ONE COUNTRY THAT SHOULD LOVE FAMOUS POT-HEADS YOU WOULD THINK IT WOULD BE THEM Snoop Dogg was "astonished" to find himself banned from a music festival in the Netherlands. The rapper was bumped from the June 27 Parkpop festival in the Hague at the request of the mayor and local law enforcement, according to the BBC.



"There's been much speculation that, given the enormous response by Snoop's fans to the free festival, the local authorities would not be able to provide sufficient security," The rapper's manager says in a statement. "Snoop is a mainstay at music festivals all over the world and has performed at all of these without incident."

METRO WORLD NEWS

Rachel, Hayden on a 'break'

HIS JEDI POWERS HAVE WORN OFF Rachel Bilson and Hayden Christensen, who announced their engagement last year, are now "taking a break," a source tells Us Weekly.

The pair are reportedly "taking about a month off" from their relationship before revisiting it to see if they should stay together. Bilson showed up at an E3 party in L.A. last week without her engagement ring. When asked about any wedding plans, she said, "No, no plans," pointing to her bare hand. "No nothing."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN is standing up for her mom, **KIM KARDASHIAN** is trying to enjoy her meal, **JUSTIN BIEBER** uses his Twitter account to flirt, and **AMANDA BYNES** is looking for a new career.

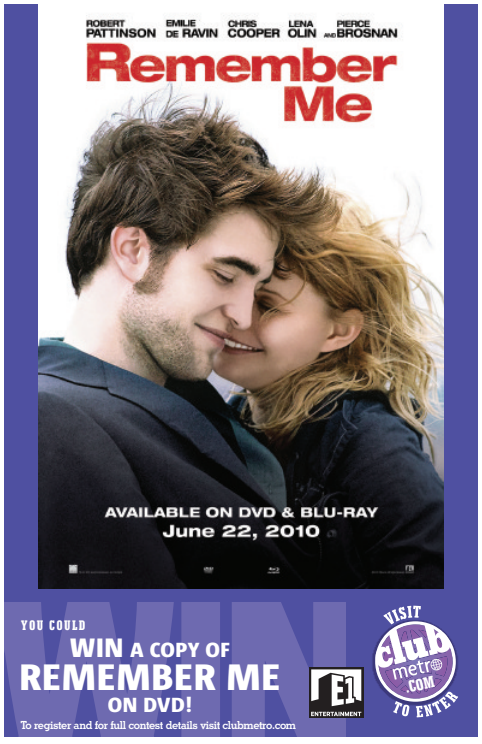
@lindsaylohan
ashley swan from carvel is unprofessional & lied about my mother grrrr! she should be fired. meanie

@KimKardashian
EWW Im at lunch,the woman at the table next 2 me is breast feeding her baby w no coverup then puts baby on the table and changes her diaper

@justinbieber
how u doin ladies ;)

@chicky
I don't love acting anymore so I've stopped doing it. I know 24 is a young age to retire but you heard it here first I've retired

METRO NEWS SERVICES

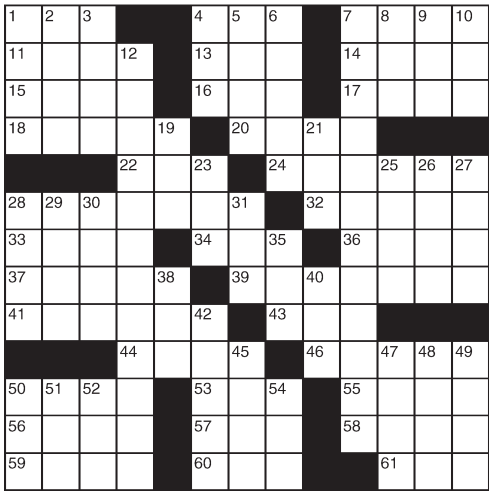


Today Mostly Sunny 19 C / 9 C
Tuesday Mostly Sunny 22 C / 10 C
Wednesday Mostly Sunny 24 C / 10 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

1 "Holy mackerel!"
4 Stir-fry pan
7 Campus area, for short
11 Baghdad's land
13 Commotion
14 Incite
15 List of options
16 Knight's address
17 Unsigned (Abbr.)
18 Accordion feature
20 Approach
22 Tatter
24 Toward the rear of a ship
28 Actress Gwyneth
32 Old photo color
33 Lotion additive
34 Society newcomer
36 Depend (on)
37 Memorize
39 8 pecks = 2 —
41 Someone who belongs
43 Sticky stuff
44 Teensy bit
46 Muscle
50 Platter
53 Erstwhile acorn
55 Foolproof
56 Snug corner
57 Emulate Picabo Street
58 Greek vowels
59 Pismires
60 Cowboy nickname
61 Choose

DOWN

1 Chicken (out)
2 Hershiser of baseball
3 Decline
4 Existed
5 Valhalla bigwig
6 "M*A*S*H" locale
7 Track runner, maybe
8 Coffee vessel
9 Past
10 Lair
12 Gridiron VIPs
19 Pitch
21 Foolish one
23 Deity
25 Duel tool
26 Streamlet
27 Unfavorable votes
28 Coconut provider
29 Sheltered
30 Clayey soil
31 Symbol of intrigue
35 Insect
38 Profit
40 Weep loudly
42 Perch
45 Create
47 Car
48 Christmas paper
49 Egg container?
50 Genetic substance
51 Charged bit
52 Drunkard
54 Country singer Brooks

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

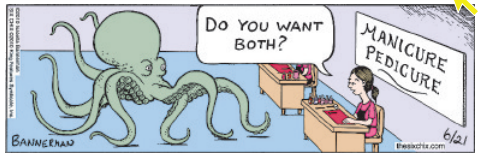
			4	5			9	
			9	1	3		7	
3					2	4		
9						5		7
			8		7			
8		6						1
		1	6					2
	3		5	7	1			
	6			4	8			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

M	E	C	C	A	■	T	H	E	■	G	A	D	5	9	8	6	4	3	7	1	2
A	L	L	O	T	■	A	U	K	■	A	N	I	4	2	1	5	7	8	3	9	6
B	L	E	A	T	■	C	L	E	A	V	E	S	7	3	6	9	1	2	5	8	4
■	■	A	L	A	S	K	A	■	Z	I	N	C	3	4	9	2	8	7	1	6	5
O	A	R	■	R	E	L	■	C	A	N	T	O	6	8	7	1	5	4	9	2	3
F	I	L	M	■	N	E	P	A	L	■	■	■	2	1	5	3	9	6	8	4	7
F	R	Y	E	R	S	■	E	R	E	C	T	S	1	6	4	8	3	5	2	7	9
■	■	■	D	E	E	D	S	■	A	L	O	E	8	7	3	4	2	9	6	5	1
L	I	T	U	P	■	R	T	S	■	E	Y	E	9	5	2	7	6	1	4	3	8
O	N	E	S	■	M	Y	O	P	I	A	■	■									
C	L	E	A	N	E	R	■	O	N	T	A	P									
H	E	N	■	E	M	U	■	D	O	E	T	H									
S	T	Y	■	W	O	N	■	E	N	D	E	D									

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Stir-fried Chicken and Avocado Salad with Hot Balsamic Dressing

INGREDIENTS:

Chicken
500 g boneless, skinless chicken breasts
2 tsp olive oil
2 large garlic cloves, slivered
2 tbsp honey
1 tbsp grainy mustard
1 tbsp balsamic vinegar
6 strips turkey bacon, diced

Salad
2 heads Boston lettuce, leaves
1 bunch watercress
2 avocados
3 tbsp lemon juice
2 cups cherry tomatoes
1 small red onion

METHOD:

1. For salad, place lettuce leaves in large salad bowl. Trim tips of watercress and toss with lettuce. Peel and halve avocados; discard pits. Slice avocados lengthwise, 1 cm thick, and toss with lemon juice. Halve tomatoes and slice onion into thin slivers. Scatter avocados, tomatoes and red onion on top of salad and refrigerate.
2. Cut chicken lengthwise into 2.5 cm wide strips. In large skillet, heat oil over medium-high heat. Add chicken and garlic; stir-fry until chicken turns opaque, 3 minutes.
3. Add honey, mustard and vinegar; mix well. Add turkey bacon and stir-fry until bacon is cooked and chicken is tender and moist, 3 minutes.
4. Spoon chicken strips, bacon and any remaining liquid on top of salad. Serve with wedges of warm, crusty bread.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
After several weeks in which you have been free to come and go as you please you now have to stay in one place for a while.

TAURUS ♉
APRIL 21-MAY 21
You may not completely understand the changes now taking place but if you go with the flow you may find you quite like them.

GEMINI ♊
MAY 22-JUNE 21
If you work hard and aim high it's more than possible that you will come into money in the near future.

CANCER ♋
JUNE 22-JULY 22
A new solar year begins today but you don't have to rush here, there and everywhere — at least not yet. Keep your options open.

LEO ♌
JULY 23-AUG 23
Like it or not you will have to let go of something you would rather keep hold of. You know it is limiting your options.

VIRGO ♍
AUG 24-SEPT 22
If you want others to trust you more you are going to have to earn it. Your task for today is to show you are serious about joint projects.

LIBRA ♎
SEPT 23-OCT 23
Act as if the eyes of the world are upon you. Most likely they are. There is no better time to make a good impression on people in positions of power.

SCORPIO ♏
OCT 24-NOV 22
No matter how much certain things may annoy you, either at home or at work, you must keep your thoughts to yourself for the time being.

SAGITTARIUS ♐
NOV 23-DEC 21
The right time to deal with an important business or money matter is now. Investments and property issues are under especially good stars at the moment.

CAPRICORN ♑
DEC 22-JAN 20
Partnership issues will come to the fore, but that's nothing to be worried about. Be honest about what you expect from a relationship and it'll work out.

AQUARIUS ♒
JAN 21-FEB 18
You have been wasting too much time and too much energy on things of no importance. Find ways to streamline your chores.

PISCES ♓
FEB 19-MARCH 20
Start doing what you want to do and do less of what other people want you to do. What you want most, of course, is more excitement in your life.

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"Really cool. Lets you read articles offline too!" – *Real user review*
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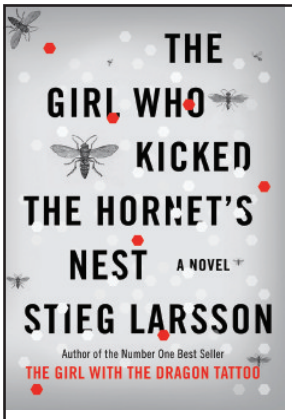

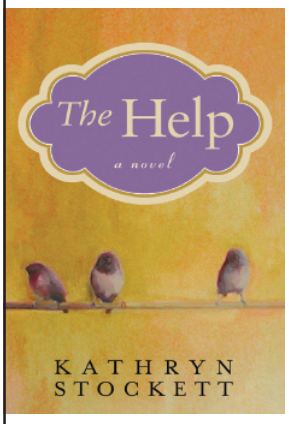

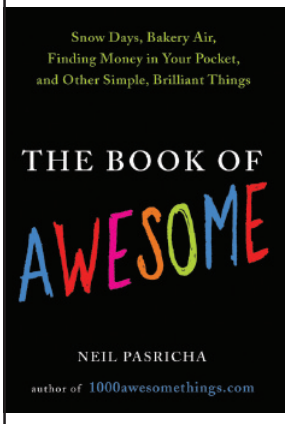

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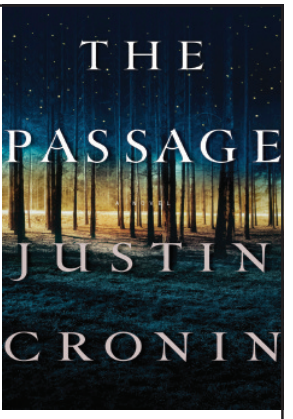

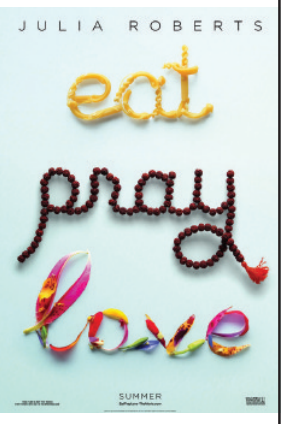

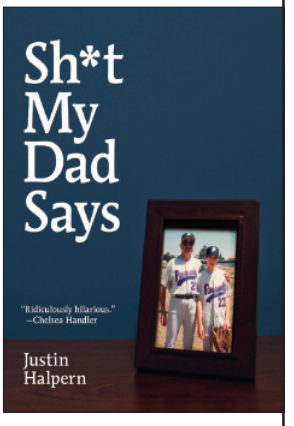

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